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Your essential daily news | WEEKEND, JULY 10-12, 2015

High 31°C/Low 16°C Mug-eeee



Edmonton Eskimos Nate Coehoorn, right, and Jordan Lynch celebrate a touchdown against the Ottawa Redblacks on Thursday. As the city melted in 30 C heat, the Eskimos took a commanding lead. Game story at metronews.ca. JASON FRANSON/THE CANADIAN PRESS

Lanes take backseat

COUNCIL

Critics bemoan optics of erasing bike paths



This week, Edmonton joined Toronto and Red Deer as one of the few cities in Canada spending money to remove — rather than install — bike lanes.

On Tuesday, council opted to remove lanes the city created in 2013 on 95 Avenue, and then on Thursday, it voted that lanes on 40 Avenue, created at the same time, should also go.

The cost for the removal is estimated at around \$900,000.

The lanes have sparked debates since they were installed, with critics pointing to low usage and safety concerns.

But many say removing the

lanes is an embarrassing step backward for Edmonton.

"It's unfortunate to be removing bike lanes in any circumstances," said Brian Patterson, senior urban planner with B.C.'s Urban Systems.

Patterson, who helped study the lanes on 95 and 40 Avenues, echoed a refrain many have made since council's decision: "If they aren't doing well ... the goal should have been to spend money to make them better instead of removing them."

Coun. Andrew Knack said a bike-lane plan will be discussed before 2019 budget discussions, but cycling advocates aren't sold on the promise lanes will return to the areas.

"The way these decisions were made wasn't about improving safety ... it really was focused on the optics of showing that council is listening to car drivers unhappy about the bike lanes," said Christopher Chan with the Edmonton Bicycle Commuters' Society.

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MAYORS

Who'd lose what?

Using official campaign finance disclosures, here's what each of the major mayoral contenders raised during the 2013 mayoral race in Edmonton, and how much of it they would not have under the rules council is seeking to adhere by. METRO



Don Iveson

Raised: \$591,745
Corporate and union cash: \$343,398
He'd lose: 58 per cent



Karen Leibovici

Raised: \$639,716.53
Corporate and union: \$481,759
She'd lose: 75 per cent



Kerry Diotte

Raised: \$161,312.11
Corporate and union: \$112,650
He'd lose: 70 per cent

CAMPAIGNS

Corporate, unions won't fight ban

The push from city councillors to ban corporate and union money from being spent in future municipal campaigns isn't ruffling feathers in industry or labour circles.

Gil McGowan, head of the Alberta Federation of Labour said the change doesn't concern unions. "As long as the playing field is level we are fully supportive of the move in this direction," he said. And though the majority of corporate donations

in campaigns come from the development community, Rick Preston, executive director of Edmonton's Urban Development Institute, said developers won't fight the change, either.

"It's common sense policy. We understand it and we will support it," he said.

Council passed a motion Wednesday asking the province to extend the ban passed provincially to municipal campaigns.

RYAN TUMILTY/METRO

Council pushes to ban corporate, union cash

DONATIONS

Not all councillors convinced of change



Ryan Tumilty
Metro | Edmonton

Edmonton city councillors passed a resolution Wednesday that will see the mayor ask the province to allow Edmonton to ban corporate and union donations in municipal elections in much the same way as has been done at the provincial level.

Mayor Don Iveson said having donations come exclusively from people and not groups with agendas is the most transparent way to run elections. "Our democracy should be in the hands of private citizens," he said.

But the sparked created debate within the council chambers and would create, judging by the last election, a considerable cost for some.

Iveson's mayoral campaign, for example, cost more than \$500,000 and many other mayoral campaigns have spent much more. Races in Calgary have cost candidates more than \$1 million.

Iveson said the growing size of campaigns is a byproduct of so much corporate and union cash. "It shouldn't be \$1 million

in Calgary and it shouldn't be \$600,000 in Edmonton. Those numbers have inflated because of an increase not in individual contributions, but corporate and union donations."

Coun. Bev Esslinger, who raised the least in the last election, at just more than \$34,000, voted against the letter. She said she is all for more transparency, but is worried about barriers to woman and minorities in raising money.

"I don't understand the implications of this for new people coming to run," she said.

Coun. Michael Oshry argued against the city advocating for any changes, because they have a clear conflict.

"This is not something we should be deciding or talking about," he said. "I think it's a bit of a hypocrisy, because we all got money from corporations and unions and now we're saying they're bad."

Council also called for the province to make municipal campaign donations tax deductible, something that's currently the case for provincial and federal campaigns.

Iveson said that change would help ensure municipal politicians were on a level playing field.

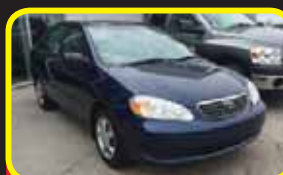
"If there was the ability to generate a tax receipt a lot of private individuals would donate more and a number of people across three elections have told me that."



The three main mayoral contenders in the last election raised \$1.39 million in contributions over the course of the campaign, and \$937,807 of that came in donations that would be banned if council gets its way. METRO FILE

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ENERGY

Carbon-negative biofuel facility set for operation in '16

Braeden Jones
Metro | Edmonton

An Edmonton-based energy company has plans to change the green game by creating fuel with a "carbon-negative" process.

Inder Singh, CEO of SBI Bio-Energy, says his company's proprietary method of converting waste material into renewable diesel and jet fuel will reduce greenhouse gas emissions. "Our process uses no water or any consumable chemicals ... (It) actually reduces the carbon footprint," he said. "Overall, net carbon is taken from the environment. That's the beauty."

SBI is capable of making "drop-in" fuels, which means it can blend more freely with petroleum diesel than other biodiesels.

It can be transported in the

same pipelines, stored without issue, be used in the same tanks and engines and perform normally.

Singh's formula also serves as a viable replacement for traditional diesel.

"Most drop-ins require blending. Ours won't," he said. "This (product) will be the only one of its kind in Canada."

The biofuels will be created with low-cost sustainable products like fats, waste vegetable oil, off-grade canola and a by-product of the pulp and paper industry called tall oil.

The test plant is due to begin operations in 2016, when it will begin producing renewable diesel and jet fuel; it should produce 10 million litres of fuel in its first year.

Singh hopes the pilot project will attract investment partners while testing the process, so SBI can meet a full-scale production goal of 240 million litres annually by 2018.

\$10M

Singh's company broke ground for a \$10 million pilot facility in the Edmonton Research Park this week.

+ BACKGROUND

Keeping it in Edmonton

In 1987, Inder Singh came to Edmonton from India for post-doctoral research at the University of Alberta. He stayed for fellowships, then jobs, and then for good, as "Edmonton seemed like the best place to raise a family" and still work in his field.

In the eight years since he started biofuel research, he said there have been "many opportunities to sell the technology overseas or take it outside

of Canada."

"We decided no, we want to give back to the community," he said.

Singh hopes his future plant will create high-paying jobs, help clean up the environment, and diversify the local economy.

He estimates purchasing 200 million litres of off-grade canola each year, which will create a new market for Alberta farmers.

"We want that money to stay in Alberta," he said.

Car break-ins on the rise in Edmonton

WARNING

Police urging vehicle owners to lock doors, keep valuables out of sight

Andrea Ross
For Metro | Edmonton

Lock it or lose it.

That's the message the Edmonton Police Service is spreading after an increase of vehicle-related crimes over the past three months.

Combined vehicle related crime across the city has in-

creased by 21.1 per cent compared to this time last summer.

Police are focusing on preventative efforts and have visited almost 7,000 homes across the city from April to July, part of an awareness campaign urging residents to implement a few simple steps to avoid becoming victims of vehicle-related crime.

"The Edmonton Police Service submits more theft from auto and stolen auto police reports than any other crime type," EPS Sergeant Steve Sharpe said.

This time last year, EPS received 3,349 reports of theft from vehicles. That number rose to 4,012 so far in 2015. At this time last year, 1,632 vehicles were reported stolen, compared to 2,032 so far in 2015.



We're trying to say to citizens, 'You hold the keys to this,' or, 'You're in the driver's seat', to prevent this crime.

EPS Sergeant Steve Sharpe

In their efforts to focus on getting the community involved in preventing vehicle-related crime, EPS hosted 20 events and spoke to 3,069 citizens in 22 neighborhoods from April to July with the help of dozens of volunteers.

Preventing vehicle-related crime depends on proactive steps from the community, Sharpe said. These include removing your keys from your vehicle, not leaving a running

vehicle unattended, locking your doors, and not leaving valuables or loose change out in the open.

"We're trying to say to citizens 'You hold the keys to this,' or 'You're in the driver's seat' to prevent this crime," Sharpe said.

Sharpe said vehicle-related crime is not concentrated to select neighbourhoods or types of vehicles.

"It's a crime that happens really fast," he said. "If you own a vehicle, you're vulnerable."



The aftermath of a car break-in on Edmonton's streets. KEVIN TUONG/FOR METRO

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Younger crowd ready for Taste

TECHNOLOGY

Taste of Edmonton is newest festival app launch



Stephanie Dubois
Metro|Edmonton

It's prime season for festivals in Edmonton with good food, live performers and crowds.

But look at people's hands at the festivals and you'll see smartphones in them. And that's something more of the city's festivals are trying to tap into — new ways to experience their events.

Taste of Edmonton, which kicks off July 16, is the most recent summertime event to launch an app, in an effort to bring something new to festival attendees. The festival's

research shows that about 52 per cent of its typical date-night crowd already use smartphones to find info for the event but younger demographics have yet to jump onto the foodie event trend.

"For us, we're using the app to be very targeted and making sure we let the (younger crowd) know about some of the opportunities we have, like entertainment for example," said Paul Lucas, general manager with Events Edmonton.

The Edmonton International Fringe Theatre Festival has tweaked their app for this year's event to make ticket purchases smoother. Edmonton Folk Fest uses their app to provide schedules for concert goers.

And Edmonton's Heritage Festival has had an app since 2013. Although fairly new to the event that has been a staple each summer at Hawrelak Park, the app is used to offer tech-savvy people more than what's



For us, we're using the app to be very targeted...

Events Edmonton General Manager Paul Lucas

on the festival grounds, and has had a lot of success in doing so.

"It's award-winning but this year being the 40th anniversary, some of the pavilions are offering 40 per cent off at certain times of the day," said Jack Little, executive director with the festival of the award-winning app that has jumped in usage since it started.

And even more should join, says NAIT marketing instructor Ray Bilodeau.

"I think it's great if you can transition that customer over to that app. By encouraging people to use their app, it builds a better relationship than people Googling information," he said.



Smartphone apps are becoming the next way for Edmonton's festivals to attract younger attendees. KEVIN TUONG/FOR METRO

IN BRIEF

Provincial debt ceiling increased by \$6 billion

The provincial cabinet gave its OK Wednesday for Alberta to assume \$6 billion more in debt for capital projects.

Gerald Kastendieck, a spokesman for the Treasury Board, said the government has committed to many capital projects, like schools and ring roads, and this funding will permit that work to be completed.

"This allows the government to go forward and get those things done," he said.

He stressed the decision doesn't mean the government will borrow for all these projects, just that it could. "It's an 'up to' amount they are allowed to go out to the market for, up to \$6 billion."

Wildrose finance critic Derek Fildebrandt said the government needs to be more transparent about exactly where the money is going and get a handle on debt.

"There's no clear fiscal picture on what this borrowing is for," he said.

RYAN TUMILTY/METRO



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3 TO
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2014
FORD
FIESTA
SE



\$11,309 **\$40** /WK
#14B4227

5 TO
CHOOSE!

2014
FORD
FOCUS
SE



\$14,009 **\$50** /WK
#14B0302

2 TO
CHOOSE!

2015
FORD
FUSION
SE



\$18,864 **\$64** /WK
#15B2449

54 TO
CHOOSE!

2014
FORD
FUSION
SE



\$16,176 **\$56** /WK
#14A9260

2 TO
CHOOSE!

2014
NISSAN
SENTRA
1.8



\$14,059 **\$48** /WK
#14B1388

4 TO
CHOOSE!

2013
HYUNDAI
SONATA
GL



\$13,609 **\$48** /WK
#13B6506

2 TO
CHOOSE!

2014
JEEP
GRAND
CHEROKEE
LIMITED



\$34,097 **\$114** /WK
#1411765

4 TO
CHOOSE!

2014
KIA
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\$12,059 **\$41** /WK
#14B2341

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Tales from beyond and beside the grave

THRILL SEEKING

Storytelling to take place in Edmonton Cemetery



Ryan Tumilty
Metro | Edmonton

Edmonton's oldest cemetery will have more a few things going bump in the night this weekend, as the hallowed grounds serve as a backdrop for a night of scary stories.

The Alberta League Encouraging Storytelling is hosting its fifth annual Spine Tingling Tales night at the Edmonton Cemetery on 107th Avenue.

Kerry McPhail, one of the events co-producers, said the storytelling night is an opportunity to get out and way from tablets, laptops and tele-

vision screens.

"I think it is a thrill people don't get as much anymore," she said. "It's real ambiance, as opposed to the virtual."

The storytelling evening runs both Friday and Saturday night from 8:30 to 10:30 p.m., featuring six storytellers and a variety of scary tales.

She said the cemetery is a great backdrop, but the group makes sure to respect the place.

"The setting is very important. I think it's because storytellers are who we are and we're about respecting tradition," she said. "We treasure the space it is a gift to be able to do this."

She said horror stories are a great entry into the craft of storytelling and she hopes people will come to experience something new.

"Any storytelling is about the craft of storytelling. I think this makes it accessible to a new ... younger, hipper audience."



Kerry McPhail, with the The Alberta League Encouraging Storytelling, at Edmonton Cemetery, aims to draw you in Friday and Saturday night. KEVIN TUONG/FOR METRO

INDIGENOUS PEOPLE

Premier furthers aboriginal rights

Premier Rachel Notley is pledging a better relationship between the province and aboriginal communities.

In an open letter to her cabinet ministers, Notley said the province would work towards implementing the United Nations Declaration on the Rights of Indigenous People.

The declaration, signed in 2007, is a statement on the basic rights of aboriginal people, and Notley said her government would live up to it by ensuring they are respected, that the air, land

and water they rely on is protected and that they can build prosperous, self-reliant communities.

Notley acknowledge that resource development in the province will be a major issue, but she said the demands aboriginal communities have aren't different than other Albertans.

She went on to ask all ministers develop plans including "budget implications" of changing ministry program based on the UN declaration.

METRO

IN BRIEF

Missing man now feared murdered

Homicide investigators have taken charge of the investigation of a man who went missing in May.

Dwayne Demkiw, 42, was last seen leaving work near 149 Street and 128 Avenue around 4 a.m. on May 31, 2015. His vehicle, a black, four-door 2002 Acura 3.2 TL, was found in southeast

Calgary by police at 11 a.m. that morning. He was reported missing later that afternoon.

Police are asking anyone who lives west of the city and those who live along the Highway 2 corridor to check their property for anything unusual or suspicious, and to report it to police.

METRO

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5 THINGS TO DO THIS WEEKEND

You could spend Friday finishing projects or you could dream about the weekend — which is supposed to be sunny and hot — and decide how to best spend these fleeting 30-degree days. Here are five suggestions.

ANDREA ROSS/METRO



CONTRIBUTED

1 CBBF National Bodybuilding Championships

Admire the physiques of some of the country's top body builders as they compete for national titles under the bright stage lights and watchful eyes of the judges. Tickets are \$109.50 (but you can't put a price on rock-hard abs).

Friday and Saturday, July 10-11, from 9 a.m. at Shaw Conference Centre (9797 Jasper Ave.).



KEVIN TUONG/FOR METRO

2 Grand Taste Tour

Presented by Taste Alberta and 124 Street Grand Market, this tour takes you out of the city to Irvings Farm Fresh Pork, Wolf Willow Honey, Tofield Meat Packers and Brevillet Dairy Farm. Lunch provided by chef Daniel Costa of Corso 32.

A bus will pick everyone up at a TBD central Edmonton location. Tickets are \$25 for children and \$90 for adults.

Sunday, July 12 from 8:30 a.m. to 6 p.m.



CONTRIBUTED

3 Family Fishing Weekend

Reconnect with nature and head out to the lake for a free fishing weekend. That's right — for two weekends a year, no fishing license is required to try one of our province's favourite outdoor pastimes. Take note — national parks are off limits and fishing regulations still apply. Might we suggest Wabamun Lake? Only 65 kilometres west of Edmonton, it's great for fishing, swimming and sun tanning.



KEVIN TUONG/FOR METRO

4 Old Times in the Park

Maybe you're a Harley fan, or maybe it's Ducati motorcycles that get your engine revving. But you'll probably see both, and many more, at this free exhibition of antique, vintage and classic bikes. The event benefits the Edmonton Food Bank so bring a donation along with you.

Saturday, July 11 from 10 a.m. to 5 p.m. at Hawrelak Park (9330 Groat Rd.).

5 56th Annual Sourdough River Festival

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Former U.S. vice-president Al Gore speaks at the Climate Summit of the Americas. CHRIS YOUNG/THE CANADIAN PRESS

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CLIMATE CHANGE

Calderon, Gore say going green can bring the green, too

Former U.S. vice-president Al Gore and former Mexican president Felipe Calderon say fighting climate change will be a boon to the global economy,

despite critics' fears that abandoning fossil fuels will cripple world markets.

On the final day of the Climate Summit of the Americas in Toronto, both tried to dispel the notion that society must choose between economic growth and helping the environment.

"We're seeing in some of the states and provinces reductions in (carbon dioxide) emissions accompanied by economic growth surging," Gore told a crowd of

invitation-only delegates.

"Places like B.C., California, Quebec and Ontario."

Calderon, now chair of the Global Commission on the Economy and Climate, echoed Gore's thoughts, saying his organization's research shows economies can grow while reducing greenhouse gas output.

"Sweden increased more than 50 per cent its economic growth and reduced almost 25 per cent its carbon emissions related to

1990," he said. "For the first time in 40 years at the global level, the GDP of the world increased almost 3 per cent and the emissions didn't grow — in other words we started to decarbonize the economic growth."

Calderon said societies need to fundamentally change their systems, from getting away from fossil fuels, to ending deforestation, to building better cities and retrofitting aging infrastructure. THE CANADIAN PRESS

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HAMILTON, ONT.

Dog attack did not cause man's death

Neighbours heard piercing screams and loud barks as a man was attacked by a dog before he died on a residential street Wednesday night, but an autopsy has revealed the canine assault isn't what killed him.

What was responsible for the unidentified man's death remained a mystery Thursday, with shaken area residents trying to piece together what happened.

Police emphasized, however, that the animal had attacked.

"There was absolutely a dog attack, absolutely. We're confirming that. We're also confirming that that was not the cause of death," Hamilton police spokeswoman Catherine Martin said.

The man was out walking the dog with another man just after 11 p.m. when the incident took place.

A passerby with a baseball bat tried to fend off the animal, and police responding to a flurry of neighbours' 911 calls found the man on the ground. Officers used pepper spray to deter the dog before it was eventually captured with the help of an animal control unit, police said.

Afterwards an autopsy determined the dog attack was not what caused the man's death.

"There's no credible evidence that a dog attack was material in the death process here," said Dr. Jack Stanborough, regional supervising coroner for the Hamilton region.

"My understanding is there was a dog attack. Now whether that was before the death or after the death or during the process I can't tell you ... but I don't see a significant role for the dog attack causing the death."

The man did appear to be injured in the attack, he added, but those injuries were "not material" in his death.



I don't see a significant role for the dog attack causing the death.

Dr. Jack Stanborough

Figuring out just what killed the man will likely take months, Stanborough said, as further testing has to be conducted.

The dog has been identified as a sharpei-fila mix and is now being held by Hamilton's Animal Services department.

THE CANADIAN PRESS

IN BRIEF

Canadians hit few targets in Syria as bombing against ISIL continues

The Canadian military reported 18 new air strikes against targets belonging to ISIL, but none in the latest round involve missions over Syria.

In the three months since Parliament granted an expansion of the air campaign only three attacks have been conducted against what the Harper government sometimes described as the heart of the extremist movement.

The U.S.-led coalition has stepped up both the level of

bombing and the public relations campaign since ISIL forces dealt a surprise blow to the Iraqi government and seized control of the strategically important city of Ramadi.

Canadian Navy Capt. Paul Forget says it's clear the tempo of CF-18 missions has increased along with its allies, but he offered no explanation for the dearth of Syrian missions.

He did say the Canadian air taskforce takes its target lists from the coalition headquarters in Qatar.

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Canadian Forces troops fight a new enemy: Fire

SASKATCHEWAN

200 soldiers endure smoke, ash, 30 C heat to save homes

"Watch out for the widowers!"

The platoon commander shouts the warning to about 200 soldiers slogging their way through dense brush, blackened trees and smouldering ash in the tiny First Nations community of Montreal Lake, about 250 kilometres north of Saskatoon.

A widemaker is any large branch or treetop no longer attached to a trunk, but still tangled overhead, that could fall at any time.

"Obviously there's the danger of the ash pits, and the big concern right now is the burned-out trees — any widowers," says Master Cpl. Casey Zaharoff. "And obviously a flare-up."

Zaharoff is one of the hundreds of Canadian Forces personnel who have traded their camouflage duds for bright orange fire-fighting jumpsuits to help beat back the flames in an unprecedented forest fire season.

For soldiers in northern Saskatchewan, orange is the new green.

A handful of homes and cabins in the area have already been destroyed by fires. The army was called in this week to help save the rest and get 10,000 people who have fled the smoke and flames back home.

The help is sorely needed. Crews were holding protect-



Military personnel set out to fight fires in La Ronge, Sask., Wednesday. THE CANADIAN PRESS/CONTRIBUTED

ive lines around threatened communities Thursday, but Steve Roberts with Saskatchewan Wildfire Management said warm, dry conditions and shifting winds could cause more trouble spots.

The narrow dirt road into Montreal Lake is flanked by burned trees, many of them still smoking.

The community is deserted. Several stray dogs follow the soldiers.

It's dry, smoky, hot work. The temperature was forecast to top 30 C on Thursday.

The soldiers push through the bush in long lines and



It's tough to see the homes destroyed and the damage the fire is causing and it's great we're doing something to help put them out.

Afghanistan veteran Cpl. Donny Melsted

climb over downed trees to get to ones that are still smoking or to hot spots on the ground.

There is nothing high-tech in what they are doing. Their main tools are shovels, axes and handheld water sprayers fed by plastic bladders on their backs.

It's challenging, says com-

manding officer Lt.-Col. Mason Stalker.

"Certainly fatigue and, of course, the heat are some of the threats that our soldiers deal with," he said. "Of course they're wearing protective equipment, goggles, hard hats, coveralls and gloves."

Stalker said there are about

200 soldiers in Montreal Lake and another group about the same size in La Ronge, the largest community under threat. He expects another 60 reservists from Saskatchewan will join the fight on the weekend.

Roberts said the province is looking for more firefighters and equipment from across the country and the United States. It is also working to train hundreds of additional people to join the battle in the next few weeks.

Saskatchewan used to have a larger force of firefighters, but there hasn't been a bad wildfire season for years and some moved on to take jobs in the energy industry, Roberts said.

"Now we have a new group of individuals who would like to be signed up. We are going to do what we can to train these individuals and make sure that they can join our firefighting forces and put them to work on these fires."

The plan is to have around 400 fighters ready to relieve soldiers in the coming weeks. The government hopes to cut a few days from the usual five-day training course without sacrificing safety.

"The military's mission is to give us an opportunity to raise these resources," said Dwayne McKay of Saskatchewan Emergency Management.

Cpl. Donny Melsted, who served in Afghanistan in 2009, is happy to be of service.

"It's great to be able to help the people of Saskatchewan in their time of need," he said.

"It's tough to see the homes destroyed and the damage the fire is causing, and it's great we're doing something to help put them out."

THE CANADIAN PRESS

FOREST FIRES

Smoke covers the West

Large wildfires raging across Canada have contributed to a smoky haze lingering above the Western U.S., causing spectacular red sunsets in places including Seattle and prompting air-quality warnings in Vancouver and many states.

Parts of British Columbia, Alberta and Saskatchewan are ablaze. In Saskatchewan, more than 10,000 people have been forced from their homes, and the Canadian Interagency Forest Fire Centre said more help from the U.S. and abroad could be necessary. Alberta said Wednesday it was bringing in 62 firefighters from Mexico to help battle 92 wildfires, including 33 listed as out of control.

British Columbia, with more than 180 fires, was bringing in crews from Australia.

Haze that lingered over parts of eastern Colorado for three days was dissipating Thursday. The smoky conditions had prompted a health warning for the Denver area, which was beset by gloomy skies that blocked mountain views.

The tiny particles of wildfire debris in the air pose a health risk for people with lung disease, older adults and children and anyone who exerts themselves outdoors, said Christopher Dann of Colorado's air-pollution control division.

Joanne Todd of the Puget Sound Clean Air Agency said smoke from wildfires in B.C. has crossed into Washington state, but said it is high in the atmosphere and is "not affecting us at ground level."

Air-quality advisories have also been issued in North and South Dakota.

Environment Canada continued to issue special air-quality advisories for parts of B.C., Saskatchewan, Manitoba and northwest Ontario.

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Bull run injures five

SPAIN

Dozens of participants are injured each year

Five Spaniards were injured Thursday as thousands of people raced alongside fighting bulls in the third bull run of Pamplona's San Fermin festival.

Navarra Hospital chief Dr. Javier Sesma said the five were treated for bruises but none was in serious condition.

No one was gored in the 8 a.m. run, which lasted 2 minutes, 27 seconds.

An Australian was gored Wednesday and two Americans and a Briton were gored in the first run Tuesday.

The nationally televised run sees people racing with six bulls, each weighing some 500 kilograms, along a narrow 850-metre course from a holding pen to the city bull ring.

On Thursday, one bull

charged into a group of some 20 participants, tossing and butting many, but did not gore anyone. In another incident, a bull hurled a runner to the ground after hooking a horn in the man's T-shirt from behind.

The bulls are killed by professional matadors in bullfights each afternoon during the festival.

The nine-day fiesta, which features 24-hour street partying, was made famous in Ernest Hemingway's 1926 novel *The Sun Also Rises* and attracts thousands of foreign tourists.

Bull runs are a traditional part of summer festivals across Spain. Dozens are injured each year, mostly in falls.

Two men died recently after being gored by bulls in Spanish festivals — one last Saturday in the eastern town of Grao de Castellon and another June 24 in the southwestern town of Coria.

In all, 15 people have died from gorings in Pamplona since record-keeping began in 1924 for the San Fermin festival.

THE ASSOCIATED PRESS



FESTIVAL GIANT HEAD FAILS TO IMPRESS A 'Kiliki' or Big Head plays with a crying girl as he takes part on the daily 'Comparsa de gigantes y cabezudos' (Parade of the Giants and Big Heads) parade of the San Fermin festival in Pamplona, Spain, Thursday. Kilikis are traditional characters that parade through the streets hitting bystanders with a sponge tied to a stick.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

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People queue for buses at Stratford station in London, as commuters struggle to get to work because of a strike which brought London Underground to a standstill, Thursday.

STEFAN ROUSSEAU/THE ASSOCIATED PRESS

Tube strike slows city

LONDON, ENGLAND

152-year-old subway system shut down for 24 hours

The choices Thursday in London: take a hike, ride a bike, try to find a bus you like.

Millions of commuters jammed buses, rented bicycles or simply walked for miles to and from work as a 24-hour strike shut down the British capital's famed subway system and threw public transport into chaos.

Train drivers on the London Underground solidly supported the strike in a dispute over pay and schedules that take effect when 24-hour service is introduced on some lines later this year. That unanimity has made this strike more severe than previous ones in which management was able to keep a few Tube lines operating.

Business groups say the strike will cost this city of 8.6 million people tens of millions of pounds (dollars) in lost productivity.

London's subway system, with four million journeys a day, nor-

mally shuts down shortly after midnight, with the overnight shift reserved for track maintenance. While it has operated all night on New Year's Eve, the move to have some lines running 24 hours on weekends marks a huge shift for a 152-year-old system.

London Underground's managing director Mike Brown apologized for the disruption but insisted it was a "remarkably fair" pay offer.

"This strike is unnecessary," he said.

Transport officials say the offer included a two per cent salary increase, a 500 pound (\$770) night Tube launch bonus and an additional 2,000 pound (\$3,080) one-off bonus for night Tube train drivers.

Unions say management is trying to bulldoze new work patterns that will cause stress and wreck the work-life balance of people in critical safety jobs.

Lida Fallah-ardakani, 53, tried to attend a medical appointment she had scheduled five months ago. The journey normally takes an hour, but three hours into her trip Thursday she was still trying to get to St. Mary's Hospital.

"I came out of the house at 6 in the morning. But I am still in the bus to the hospital and I am not sure if I can be seen," she said.

Some commuters supported the strikers.

"You have to take action sometimes when you are up against the ... forces of capitalism," said Tricha Passes, a 58-year-old university lecturer.

THE ASSOCIATED PRESS

TOURISM

U.K. issues travel warning for Tunisia

The British government on Thursday told all U.K. tourists to leave Tunisia because a terrorist attack is "highly likely" and the North African country's government has not done enough to enhance security.

The Foreign Office advised against all but essential travel to Tunisia, a popular holiday destination for Britons. It said British tourists on package holidays should contact their travel agents, which will arrange

flights to bring them home.

Thirty-eight tourists, 30 of them British, were killed on June 26 when a gunman stormed the Tunisian beach resort of Sousse. In March, 22 people died in an attack at the National Bardo Museum outside Tunis.

"While we do not have any information suggesting a specific or imminent threat, since the attack in Sousse the intelligence and threat picture has

developed considerably leading us to the view that a further terrorist attack is highly likely," British Foreign Secretary Philip Hammond said.

In a statement, his office said the travel advice had been changed because "we do not believe the mitigation measures in place provide adequate protection for British tourists in Tunisia."

On Saturday, more than a week after the Sousse attack,

Tunisian authorities announced a state of emergency and enacted new security measures such as sending more than 1,300 security forces to patrol hotels, beaches and other tourist sites.

Travel company Thomas Cook, which has about 2,000 British customers in Tunisia, said it would be bringing customers back on its 10 scheduled flights this weekend, and use other airlines if needed.

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“We’ve wasted three months in negotiations that failed to address staff concerns. Union general secretary Mick Cash

Rebel flag to come down

SOUTH CAROLINA

Governor passes new law three weeks after massacre

South Carolina Gov. Nikki Haley signed a bill into law Thursday that will bring down the Confederate flag outside the Statehouse, a move that seemed unthinkable only a month ago in this Deep South state that was the first to secede from the Union.

The law requires the battle flag to be gone within 24 hours; her staff said it would be removed during a ceremony at 10 a.m. Friday and relegated to the state's Confederate Relic Room.

"The Confederate flag is coming off the grounds of the South Carolina Statehouse," Haley said. "We will bring it down with dignity and we will make sure it is stored in its rightful place."

The flag first flew over the Statehouse dome in 1961 to mark the 100th anniversary of the Civil War and was kept there as a symbol of official opposition to the civil rights movement. Mass protests decades later led



Maria Calef, of Columbia, S.C., waves a sign as she celebrates in front of the South Carolina statehouse on Thursday. More than 50 years after a Confederate flag was raised at its Statehouse, the rebel banner is scheduled to be removed Friday. JOHN BAZEMORE/THE ASSOCIATED PRESS

to a compromise in 2000 with lawmakers who insisted that the flag symbolized Southern heritage and state's rights.

They agreed then to move it to a 30-foot pole next to a Con-

federate monument out front. But even from that lower perch, the historic but divisive symbol remained clearly visible in the centre of town, and flag supporters remained a powerful bloc in

the state.

The massacre three weeks ago of nine people inside their historic black church in Charleston suddenly changed this dynamic, not only in South Carolina but

around the nation.

Police said the shootings inside the Emanuel African Methodist Episcopal Church were racially motivated, and by posing with the Confederate flag before the shootings, suspect Dylann Storm Roof, who has not yet entered a plea to nine counts of murder, ignited a debate over the flag's history as a symbol of white superiority and racial oppression.

Haley moved first, calling on South Carolina lawmakers to vote the flag down, and very quickly thereafter, other Republican lawmakers who have long cultivated the votes of Confederate flag supporters were announcing that other Civil War symbols no longer deserve places of honour.

"These nine pens are going to the families of the Emanuel Nine," Haley said after signing the bill into law. "Nine amazing individuals who have forever changed South Carolina history."

South Carolina's flag removal bill passed easily in the Senate, where state Sen. Clementa Pinckney, the pastor gunned down at the church, had served, but was stalled by debate in the House as dozens of amendments were proposed. THE ASSOCIATED PRESS

IN BRIEF

Funeral set for girl killed by leaping sturgeon

Funeral plans are set for a five-year-old Florida girl who died after being struck by a sturgeon that leaped into the boat she was riding in with her family.

Jaylon Leighann Rippey died last Friday, hours after the sturgeon jumped into the family's boat. Officials say the girl's mother suffered facial injuries and her nine-year-old brother suffered a broken wrist.

The fish are known for leaping more than seven feet above the water. They can grow up to eight feet long and weigh up to 200 pounds. THE ASSOCIATED PRESS

Vet finds underwear inside dog during surgery

A U.S. Labrador has some unusual taste buds. A Pennsylvania veterinarian retrieved 62 hair bands and eight pairs of underwear from the dog's stomach during exploratory surgery.

The dog's owner, Sara Weiss, says Tiki once swallowed a plastic foam dart, but that passed through the dog's system naturally.

THE ASSOCIATED PRESS

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Pope Francis is presented with a gift of a crucifix carved into a wooden hammer and sickle, the Communist symbol uniting labour and peasants, by Bolivian President Evo Morales in La Paz, Bolivia, on Wednesday. L'OSSERVATORE ROMANO/POOL PHOTO VIA THE ASSOCIATED PRESS

Bolivian gift to Pope causes rift

SOUTH AMERICA

Crucifix designed by Jesuit activist killed in 1980

Bolivian President Evo Morales' controversial gift of a "Communist crucifix" to Pope Francis threatened to overshadow the Pope's visit to Bolivia on Thursday, with the Vatican and Bolivia both insisting that no offence was intended or taken.

Morales gave Francis the crucifix carved into a hammer and sickle upon Francis' arrival in Bolivia on Wednesday, immediately raising eyebrows given Morales' past attacks on the church and his socialist bent.

As it turns out, the crucifix was originally designed by a Jesuit activist, the Rev. Luis Espinal, who was assassinated in 1980 by suspected paramilitaries dur-

+ 'POPE OF THE POOR'

The Bolivian government insisted the gift wasn't a political manoeuvre of any sort but was a symbol that Morales thought the "pope of the poor" would appreciate. "That was the intention of this gift, and it was not

any sort of manoeuvre.... It was really from great affection, a work designed by the very hands of Luis Espinal," Communications Minister Marianela Paco told the Patria Nueva radio station.

ing the months that preceded a military coup. Francis, a fellow Jesuit, stopped his motorcade to pray at the site where Espinal's body had been dumped.

The Vatican spokesman, Rev. Federico Lombardi, said Thursday the Pope had no idea that Espinal had designed the crucifix and was surprised to receive it — a reaction clearly visible in the footage of the encounter. Some reports suggested the Pope told Morales, "This isn't good." One of Francis' friends sent a tweet quoting him as saying such. But

Lombardi said it wasn't known what the Pope said.

Lombardi said Espinal had designed the crucifix as a symbol of dialogue and commitment to freedom and progress for Bolivia, not with any specific ideology in mind. Lombardi said he personally wasn't offended by it.

"You can dispute the significance and use of the symbol now, but the origin is from Espinal and the sense of it was about an open dialogue, not about a specific ideology," Lombardi said.

THE ASSOCIATED PRESS

SANTA CRUZ

Pope changes in Burger King

Burger King has long been providing quick meals. Pope Francis has now used it for a quick change.

With hundreds of thousands of Catholic faithful waiting, Pope Francis needed a place to don his vestments to celebrate Mass at the Christ the Redeemer square in Santa Cruz. He had just spent more than 30 minutes in his popemobile, waving to thousands lined up on the streets as he drove to the square for the service.

Enter the restaurant known for Whoppers and fries.

The famously unpretentious pope used the fast-food joint, which was closed for the morning for the papal visit, before walking to the nearby altar and beginning the Mass.

Alfredo Troche, manager of the Burger King, said the papal entourage approached the restaurant and "asked for help because this was an appropriate place and we had closed" to customers.

Minutes later, during his homily, Francis blasted consumerism. He said that by materialistic logic, everything

becomes an object that can be consumed and negotiated.

The company wasted no time in letting the world know of the papal visit. Even before Mass had ended, the restaurant put a post on Facebook thanking the pope "for choosing the BK restaurant as your sacristy."

It also included an advertisement-like image showing the Pope beneath a Burger King logo and the words: "There are visits that don't just bring joy to your spirit, but also feed it."

THE ASSOCIATED PRESS

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Malnourished kids hit by food politics

INDIA

Government rejects notion of including eggs in lunches

Clutching battered metal plates, the children waited patiently in a remote central Indian village for the two small flat pieces of bread and scoop of boiled potato curry that would be their only full meal that day.

They are among the 120 million malnourished children across India who depend on a government-run program serving lunch five days a week.

Still, the modest menus are clearly not enough to make up for the calories and nutrition that poverty has denied. All 35 or so children gathered on the dirt floor of their preschool in Madkheda, a village in the state of Madhya Pradesh, show the telltale signs of malnutrition —

coarse hair lightened to a sandy brown for lack of nutrients, limbs stick thin, and bellies swollen from chronic hunger.

More than half the children in Madhya Pradesh state, with a population of nearly 77 million, are malnourished.

So last month, it was suggested that eggs — a key source of protein — be added to the lunch program. But that idea was rejected by Chief Minister Shivraj Singh Chouhan, the state's top elected official, a member of Prime Minister Narendra Modi's Hindu nationalist Bharatiya Janata Party and a strict vegetarian. He suggested milk and bananas be given to children instead.

"As long I am the chief minister of Madhya Pradesh, eggs will not be introduced," Chouhan declared in the state capital, Bhopal. "The human body is meant to consume vegetarian food, which has everything the human body requires."

The decision has outraged nutritionists and social activists



Children, like this young boy, survive off meals consisting of two flatbreads and a scoop of potato curry at a government-run program in Madkheda, Madhya Pradesh state, India.

SAURABH DAS/THE ASSOCIATED PRESS

who say politicians are using food to push a religious and political agenda at the expense of children's health. They accuse governments of pandering to a nationwide agenda led by the

ruling Bharatiya Janata Party to draw poor and tribal communities, with their mostly animist beliefs, toward the majority religion.

India has the highest number of vegetarians in the world owing to Hinduism's predominance, although not all Hindus are vegetarians and there are millions who eat meat. Most of Madhya Pradesh's undernourished children come from ethnic, non-vegetarian tribes, some of whom are animists, who have lived for centuries in central Indian jungles, or belong to the lowest castes.

India has the world's highest number of chronically undernourished people in the world, with nearly 195 million scarcely able to afford even one meal a day, according to the Food and Agriculture Organization. That number has barely changed despite a decade of rapid economic growth that has created legions of millionaires and a burgeoning middle class. THE ASSOCIATED PRESS



BRITAIN A ROYAL CHRISTENING Prince William and his wife Kate, Duchess of Cambridge, marked a milestone for their newborn baby Princess Charlotte on Sunday — a christening ceremony on Queen Elizabeth II's country estate that was steeped in royal tradition. Hundreds of fans outside St. Mary Magdalene Church in Sandringham, a sprawling royal estate near England's eastern coast, cheered as William and Kate arrived with toddler Prince George and nine-week-old Charlotte, who was in a vintage pram.

MARIO TESTINO/KENSINGTON PALACE/THE ASSOCIATED PRESS

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Tech evolving past humans

INNOVATION

Advanced networks too 'unmanageable' for our brains

Technology has become so indispensable that when it breaks down, people's lives go haywire, too.

Computer outages at United Airlines, the New York Stock Exchange and The Wall Street Journal on Wednesday delivered a reminder about our growing dependence on interconnected networks to get through each day.

For the most part, technology has worked smoothly while hatching innovations and conveniences that have made our lives easier and our jobs more productive. Computers, though, could bring more frequent headaches as they link together with billions of other electronic devices and household appliances — a phenomenon that has become known as the "Internet of things."

This technological daisy chain will increase the complexity of the systems and raise the risks of massive breakdowns, either through an inadvertent glitch or a malicious attack.

"The problem is humans can't keep up with all the technology they have created," said Avivah



Passengers check into the United Airlines ticket counter at Tampa International Airport on Wednesday, a day in which the airline's network went down. Meanwhile, across the U.S. the Wall Street Journal and New York Stock Exchange both experienced system errors that caused their operations to cease for part of the day. JAMES BORCHUCK/THE TAMPA BAY TIMES/THE ASSOCIATED PRESS

Litan, an analyst at Gartner. "It's becoming unmanageable by the human brain. Our best hope may be that computers eventually will become smart enough to maintain themselves."

Technology already is controlling critical systems such as airline routes, electricity grids, financial markets, military weapons, commuter trains, traffic lights and our lines of communications.

Now, computers are taking other aspects of our lives as

“Humans can't keep up with all of the technology they have created.”

Avivah Litan, Gartner analyst

we depend on smartphones to wake us up in the morning before an app turns on the coffee pot in the kitchen for a caf-

feine fix that can be enjoyed in the comfort of a home kept at an ideal temperature by an Internet-connected thermostat designed to learn the occupant's preferences.

Within the next few years, we may even be unlocking our doors with high-tech watches after being chauffeured home in robotic cars.

Technology's relentless march demands better security measures to prevent hackers from breaking into systems and

more rigid programming standards to reduce the chances of crippling outages, said Lillian Ablon, a technology researcher for the Rand Corp.

"Instead of just letting the technology rush ahead of us and then trying to catch up in terms of privacy and security, we should be baking those things into the systems from the start," she said. "We need to be a little smarter on how we are coding things."

THE ASSOCIATED PRESS

IN BRIEF

Ikea to install electric vehicle charge stations

Ikea Canada aims to be the place to shop for drivers of battery-powered vehicles.

The home furnishings retailer says it is installing charging stations for electric vehicles at all 12 of its stores across Canada.

The company says it is partnering on the project with Sun Country Highway to install two 60-amp charging stations at each location. The rollout is set to be completed by late August, and will be available at no cost to customers on a first-come, first-served basis.

THE CANADIAN PRESS

IBM creates new microchip

IBM says it has achieved a breakthrough in making computer chips even smaller, creating a test version of the world's first semiconductor that shrinks down the circuitry by overcoming "one of the grand challenges" of the tech industry. The microchip industry has consistently created smaller and more powerful semiconductors. However, the more chips shrink the greater the physical and technological hurdles. IBM, working with a development partner at SUNY Polytechnic Institute, says it's figured out how to create 7 nanometer chips.

THE ASSOCIATED PRESS

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AUTO INDUSTRY

Google, carmakers competing to usher in the era of self-driving automobiles

Two competing visions could determine how you first experience a driverless car.

Traditional automakers like Mercedes and Toyota already make vehicles equipped with systems that keep cars within their lanes, apply the brakes or park by themselves. Their plan is to gradually automate more functions of driving until, perhaps by 2025, some cars will be fully capable of driving themselves.

But Google, Alibaba, Baidu and other tech companies are

aggressively working on their own self-driving vehicles, and could leapfrog the car industry in bringing them to market. Google, for instance, promises to deliver a self-driving car in five years.

"One thing is clear. The next five to 10 years are going to be the most disruptive we've ever seen in the history of personal transportation," said analyst Karl Brauer of Kelley Blue Book.

But Google says a gradual approach to going driverless is wrong — and even dangerous.

"The prevailing philosophy is that we're going to take the driver assistance systems that are in the vehicle today and we're going to incrementally make those better and better, and eventually we'll get to this point where we have self-driving cars," Chris Urmson, the director of Google's self-driving car program, said in May at an event in Mountain View. "We fundamentally don't believe that's the case. We believe that's like saying, 'if I work really hard at jumping, one day I'll just

be able to fly."

Experts find Google's five-year time frame overly ambitious. There are legal and ethical issues to work through before driverless cars go mainstream.

The demand for autonomous capability is there. Forty-four per cent of U.S. car buyers say they would consider buying a self-driving car in the next decade, according to a recent survey of 1,500 consumers by the Boston Consulting Group.

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THE KOHLER REPORT: ON ANTI-VAXXERS



It's like you decided to jump off the bandwagon because you saw it was headed for a cliff.

uneducated tune. While I'm glad they've seen the (potentially deadly) light, I'm irritated to no end that it took a measles outbreak to convince them.

As you may know, in 1998, the Lancet published Dr. Andrew Wakefield's iffy study linking the measles, mumps and rubella vaccine to autism. As you may not know, but probably should, it was retracted in 2012, two years after Wakefield lost his medical licence.

But the rumour spread, much like the measles, and some people stopped vaccinating their children. Now, a disease that the CDC declared eliminated from the U.S. in 2000 is back with 800 new U.S. cases since January 2014. Imagine the last scene of a horror movie: The camera slowly zooms in on a tombstone that reads "Here lies The Measles, 2000." Then, just as you're about to relax, a pock-

marked arm juts out of the ground! TO BE CONTINUED...

It's thanks to those 800 cases that "34% of parents think vaccines have more benefit than they did one year ago." Wow. There was so much proof that the vaccine worked (i.e., lots of people were dying from the measles, and then after the vaccine was introduced, people stopped getting the measles ... anyway, boring!), and so little evidence it caused autism (if one printed lie is evidence). It just blows my mind that people attach themselves to the less-proven, more dangerous element of the story.

Now they're casually, "Yeah, I heard there was a measles outbreak, I guess I see why vaccines work." Eff you! It's like you decided to jump off the bandwagon because you saw it was headed for a cliff.

By the way, if you're still on the fence, did you know Wakefield did part of the

"study" at his own child's birthday party, where he took blood samples from some of the party guests? ("Let's play pin the needle in your vein!") The study was so full of bunk, it's as if people decided to put the health of their children and thousands of others at risk because of a fairy tale.

It's pretty much as ridiculous to me as a child who learns about Santa Claus and then never wants to let him go. Even after finding out, they're still like, "No. I've seen pictures of him in books. He's on my Coke bottle. He's real." And then they have kids and, even though everyone's like, "There's no Santa, you better buy your kids some presents," they're like, "I don't care what billions of people say, Santa Claus is coming to town." But then on Christmas morning, there are no presents and then it's all, "You know what, there might not be a Santa." Yeah, we *told* you.

The only HUGE difference here is that a lack of Santa isn't going to kill anyone.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

ROSEMARY WESTWOOD

metroview

The bottle collector and the power of a simple 'Thank you'

There was a man asking for change outside the meat shop the other day.

I gave him a few loonies and a bus token.

Later that day, C. — my boyfriend — passed by the same meat shop and the same man. C. didn't have change, but he was on his way to buy a Jamaican patty.

"Do you want one?" he asked.

"No, I'm vegan," the man said, in all seriousness.

"They have spinach ones," C. countered.

"No ..." the man said, "They're kind of gross."

C. — when he told me this story — smiled and shrugged, "I guess beggars can be choosers."

Fast forward to a recent evening. I was on the front porch with a gin and tonic. A man pushed his bike, loaded with bags, along the sidewalk and stopped in front of the house.

"Bottles?" he asked, and headed toward the recycling bins. With my parents in town, it's been a boozy week, so I told him to hold on and I popped inside to grab wine, beer and gin bottles.

Bottle collectors sweep my neighbourhood daily. One told me he works a 12-hour shift through the night. Most are more likely to say hi to me than many of my neighbours. They're more likely to show concern for my welfare, too.

Last year, I was approaching my house at the same time as one man. It was dark, and I didn't have lights on my bike. The man pointed to his own headlamp. "Lights!" he said, and pointed to my bike. He said something like, "Danger!" — and I knew I was being kindly admonished.

This time, empty bottles in my arms, I came back out to the street to the man waiting for me. "Thank you!" he said. "Good one!" he noted as I passed the tall amber beer bottles. "Thank you!" he said again. "Thank you! Thank you!"

He moved on to the next house, and before he passed out of sight, he waved and called, "Thank you!"

I hadn't been thanked that much all week. I thought how little I know about him, and how much I assume.

I don't know where he goes when his shift ends, whether his family is around, or how he got into the bottle-collecting life. But if I was surprised at his pleasantness, I must have assumed he was unhappy.

I don't know where the man by the meat shop came from, what events collided to land him on that sidewalk, or why he went vegan (if he really is). But if I was surprised at his alleged diet, I must have assumed he was desperate.

In both cases, I was wrong. And in both cases, I have no right to judge.

Happy face/Sad face

From **voyaging viruses** to **frightened foxes**, Metro weighs in on the news making headlines this week

Return of fox hunting has activists howling

Animal-rights activists are braying about the U.K. government's proposal to relax the rules on the controversial sport of fox hunting. David Cameron's Conservative Party wants to allow it in England and Wales, on "appropriate" land and with protection for other animals. MPs are pretty evenly split ahead of Wednesday's vote. Right now, hunters may only flush out and stalk foxes with a maximum of two dogs.

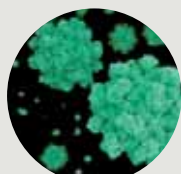


The Great Canadian beersicle

It brings a whole new meaning to "ice-cold beer." A Fredericton shop has made the ultimate summer refresher: beer freezies. The Dooryard Shandy Sorbet Freezie is made with a local wheat ale, lemon and lime juice and honey sorbet. Most of the alcohol is burned off in the cooking process, so "You're not going to get drunk off them — fortunately," says creator Levi Lawrence. SOURCE: CBC

Stowaway sickness strikes globe

A once-rare strain of the stomach-flu germ norovirus that broke out in China this winter seems to be hitching a ride around the globe. The virus, called GII.17, has turned up recently in Japan, Taiwan, Korea and Kenya. It's contagious but not usually life-threatening, though a global pandemic could easily infect hundreds of thousands. Drug company Takeda is working on a vaccine — a notoriously finicky task in science. SOURCE: BLOOMBERG



Listen up for good news about hearing

Despite research, there's still little medical treatment (only surgery) available for genetic deafness. That may be about to change. Researchers in the journal Science Translation Medicine have hit upon a possible gene therapy. They used genetically deaf mice in an experiment, and with some biochemical wizardry, were able to stimulate production of a protein that doesn't work in some deaf people. Then when they surprised the unsuspecting rodents with loud noises, the mice jumped — indicating the treatment worked. SOURCE: THE GOOD NEWS NETWORK

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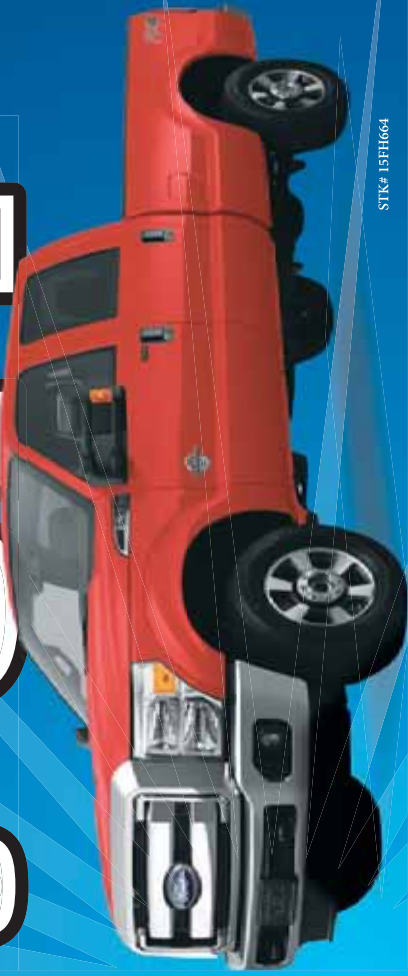
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The dramatic approach

FILM

These musical stories are told with panache

IN FOCUS

Richard Crouse



Asif Kapadia's documentary *Amy* features never-before-seen footage and more than 100 interviews with people from singer Amy Winehouse's personal and professional life. It is a heart-breaking up-close-and-personal look at a woman who, as Tony Bennett says in the movie, didn't live long enough to learn how to live.

Kapadia may be best known as the filmmaker behind the BAFTA-winning documentary *Senna*, but says, "It's funny, but I am really a drama guy."

His docs are structured like feature films. *Amy*, for instance, plays on a few levels, featuring several dramatic arcs. It's a cautionary tale of the effects of international stardom. It's a portrait of drug addiction, exploitation and a woman who looked to men for protection, and chose badly. It's the story of Amy, a fiercely talented person who laid her heart bare in her art only to have what should have been her saviour, her music, ultimately be her undoing.

When I asked Kapadia if he looked at other music docs before beginning work on *Amy* he



Amy Winehouse movie *Amy* is a documentary structured like a feature film. Critic Richard Crouse looks back at other films about music that give the viewer a look into the personal and creative lives of the subjects. ALL PHOTOS HANDOUT

said, "I don't have references I look to. I just kind of make it up as I'm going along. For example, in the sequence with the paparazzi, I'm thinking of Raging Bull, with flashguns going off. I'm not thinking of a doc where you have someone's life and then they pick up a guitar and sing."

Here's a list of other music bios — some docs, some features

— that take a dramatic approach and give a complete look at the personal and creative lives of their subjects:

Anvil! The Story of Anvil

It would be easy to call Anvil a real-life *Spinal Tap*.

The story of the heaviest heavy metal band you've never heard of bears a strong resemblance to



the legendary fictional band, but it is so much more than that. It is a story of passion, of trying to beat the odds, of friendship, of hope against hope. It's also quite funny and the music will peel the paint off your home theatre walls.

I'm Not There

It's an elliptical and metaphoric

retelling of Bob Dylan's life, but none of the characters in it are called Bob Dylan. Most of them don't look like Dylan, and the one who most looks like Dylan is a woman, played by Cate Blanchett.

Yet I felt I knew more about what makes Bob Dylan tick when I left the theatre than I did about Johnny Cash following *Walk the*

MOVIE RATINGS by Richard Crouse

Amy ★★★★★
Big Game ★★
Batkid Begins ★★
Self/less ★★

HOW RATING WORKS

★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

Line or Ray Charles after Ray.

Something from Nothing: The Art of Rap

A vibrant look at the art of hip hop, the first documentary from Ice-T profiles the passion of the grandmasters of rap: Afrika Bambaataa, Treach Criss, Doug E. Fresh, KRS-One, Dr. Dre and more.

Worth it to hear Snoop Dogg's (now Snoop Lion) songwriting methodology: "I need to smoke a lot of weed, and have a couple girls there because I like looking at them."

Get on Up

James Brown was known as many things — The Godfather of Soul, Soul Brother No. 1, Mr. Dynamite and The Hardest Working Man in Show Business — but he preferred to be called Mr. Brown. His rise from poverty to the top of the R&B charts is brought to life in a knockout performance from Chadwick Boseman, who plays Brown from age 16 to 60.

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THE TV DINNER JESSICA ALLEN



A visit to Calgary is like exploring a Canadian province and five American states all in one trip



Alberta is all about enjoying contrasts in everything from landscapes to food. At right, a course at the River Café and funnel cake.

ALL PHOTOS BY JESSICA ALLEN



I just got back from my first trip to Calgary, where I was filming at the Stampede for my day job. I saw real-life cowboys. I even saw hail — in July! But mostly I saw Calgary as a city of contrasts.

Take the political scene: The 44-year-long PC reign ended back in May when the NDP won the provincial election, not to mention that for the last five years, the young, charismatic, liberal-minded Naheed Nenshi has been mayor. Yet everyone with whom I spoke had something to say about their new bike lanes: mostly that they hated them.

And the Stampede itself — a 10-day-long annual event that's defined the city for nearly 100

years — is a study in contrasts: Cuffs and collars can come courtesy of iconic Lammle's Western Wear or the celebrity-dressing fashion designer Paul Hardy. Entertainment can be found at the Cowboy Casino, where bartenders make Hooters' servers look modest, or at any number of champagne-flowing private events hosted by Big Oil's top brass. And, depending to whom you speak, the Stampede is either a celebration of majestic animals or an abuse of them.

And then there's the food: Sample classic corn dogs, funnel cakes, turkey legs on the Stampede fairgrounds. (Pizza topped with cockroaches *almost* made it on to the menu). Or visit any number of eateries, like the River Café, Model Milk and Charcut, which consistently rank on the country's best restaurants lists, for innovative comestibles on another level.

I did both styles, eating a lob-

ster corn dog, mac and cheese topped with pulled pork and funnel cake one day and devouring four memorable courses at the River Café the next.

Alberta's optics can be confusing — even more so when you consider that the vast province has been the landscape doppelgänger for Montana, Texas, Wyoming and Colorado. Although older films, like *River of No Return* (1954), *Little Big*

Man (1970) and *Days of Heaven* (1979) — maybe one of the most beautifully photographed films ever — filmed scenes there, it was Clint Eastwood's Academy Award-winning 1992 film *Unforgiven* that put the province on the map, so to speak.

Legends of the Fall and *Brokeback Mountain* followed. And Christopher Nolan seems to have a special penchant for it: He shot scenes for both *Inception* and *Interstellar* in Alberta.

Most recently, the province doubled as South Dakota when Oscar-winning director Alejandro González Iñárritu hauled Tom Hardy and Leonardo DiCaprio on what's become a notoriously difficult shoot to film scenes for *The Revenant*, which will be widely released next year.

I was only there three days. But I'm going back, not only because I saw just the silhouette of the Rockies from car windows, but also because the people are warm and wonderful and it'll be like exploring a Canadian province and five American states all in one trip. And also, I suppose, because opposites attract.

Jessica Allen is the digital correspondent on CTV's *The Social*.

DOUGHNUT-LICKING VIDEO

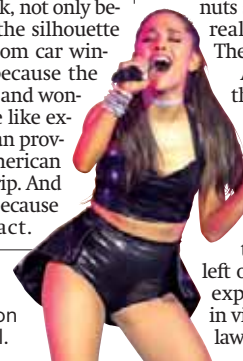
Grande fallout

Police said Wednesday they were investigating video that appears to show Ariana Grande licking doughnuts at a shop in Southern California. Earlier, Grande apologized for saying "I hate America" in the same video.

Police in Lake Elsinore, where the doughnut shop is located, said they and Riverside County public health officials were investigating the leaked video, which appeared to show the 22-year-old singer and a man with her "maliciously lick" the doughnuts.

Mayra Solis, 22, a cashier at Wolfie Donuts, said the singer didn't purchase any of the doughnuts she licked. "She was really rude," Solis told *The Associated Press*.

A spokeswoman for the Riverside County Department of Environmental Health said the agency was investigating why the doughnuts were left out unprotected and exposed to the public, in violation of state food laws. *THE CANADIAN PRESS*



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Dreams can come true

INTERVIEW

'Good Canadian boy' was thrilled to help make Batkid happen



Richard Crouse
For Metro Life

Chances are you saw the footage on the news.

On Nov. 15, 2013, San Francisco transformed into Gotham-Bay as Batkid, accompanied by Batman, rescued a damsel in distress, threw the Riddler in jail and saved Lou Seal, the Mascot of the San Francisco Giants, from the grips of criminal mastermind The Penguin.

It was Make-A-Wish's largest ever event, a citywide happening to grant five-year-old cancer survivor Miles Scott's request to be a superhero for a day.

The Batkid—who was still in diapers when he was diagnosed with leukemia—drew crowds



A new documentary tells the story of making Miles Scott's wish come true: Scott, far right, was Batman for a day. Mike Jutan, middle, played The Penguin. ALL PHOTOS WARNER BROS./GETTY IMAGES

in the tens of thousands, earned a Twitter message from U.S. President Barack Obama and was given the key to the city by San Francisco Mayor Ed Lee.

London, Ont.-born software engineer Mike Jutan was given a front-row seat to the action

when his friend, inventor and acrobat Eric Johnson, asked him to play Gotham's greatest villain The Penguin.

"As a good Canadian boy, I like peppering community service stuff in amongst the many things I already do," says Jutan,

who now lives in San Fran and works for Industrial Light and Magic. "I always thought I'd like to do something with Make-A-Wish."

A new documentary, *Batkid Begins*, details how the event bloomed from a small experi-



"This is the most insane, crazy thing that can happen when people work together, when people skip work on a Friday for the good of a little kid."

Mike Jutan, a.k.a.

The Penguin in *Batkid*

ence into a heartwarming media sensation.

"To me, it was exciting it was getting big, because I think it is inspiring to other people. As

it got bigger and bigger, I felt like we had a responsibility to stand for what Make-A-Wish stands for but also stick a big flag in the ground as the city of San Francisco."

To prepare to play The Penguin, Jutan "started obsessively watching the 1960s *Batman*. I watched them over and over and over, studied Burgess Meredith's character to get the walk down and the laugh and some of his quips. I wanted to get an idea of his personality so any die-hard *Batman* fans there would also enjoy it," but, he adds, "Our only real goal was to make sure Miles had a great wish, and that we succeeded in helping him save Gotham."

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Mickey O'Hagan and Kitana Kiki Rodriguez in *Tangerine*. CONTRIBUTED

Way more than iPhoning it in

GROUNDBREAKING

Tangerine's smartphone move perfect for gritty film

Steve Gow
For Metro

After two TV shows, five films and 15 years in showbiz, Sean Baker has finally found success shooting a movie on his iPhone.

"I wish I could say it was born out of the story and an esthetic approach — I would've been impressed with myself," laughed the New York-based filmmaker recently. "But it actually all stems from a budgetary constraint — we just didn't have the money. I'm on my fifth film, I couldn't pull favours

anymore."

As such, Baker (perhaps best-known as one of the creators of TV's *Greg The Bunny*) set out to make *Tangerine* — a movie shot entirely on smartphones and the very first to premiere at the Sundance Film Festival.

"Some mainstream films have been using tiny HD cameras — they just haven't made a big deal of it," said Baker, insisting many movies have adopted non-conventional footage that's enhanced in post-production.

Baker knew the true challenge with engaging audiences was overturning the preconceptions that come with openly admitting your film was entirely shot on iPhones. "Hopefully the reviews that also focus on how good my actors (are) override it," said Baker.

Early reviews have undoubtedly quelled the director's concern.

The gritty comic-drama about a pair of transgender prostitutes trying to hunt down a cheating boyfriend has been lauded for its groundbreaking performances and cinematic texture — factors that Baker admits he hadn't realized until he began filming on mobile devices.

"All the benefits revealed themselves to us as we were shooting," said Baker. "Like the fact that we could shoot more clandestine (and) we wouldn't be intimidating first-time actors with a device that doesn't look like a camera.... Lots of things after the fact made it seem like the obvious choice all along."

Baker may have stumbled into his greatest success through the modesty of a micro-budget, but if *Tangerine* attracts an audience the way it

FILM NOTES

Duplass Brothers effect

Tangerine has the strong backing of indie film-making icons The Duplass Brothers (*The Overnight*, *The Puffy Chair*), who jumped on early as producers on the project.

"They've been extremely generous in terms of (looking) for filmmakers that they want to be supportive of in some degree and they just make it happen," said Baker. "(Plus) their relationship with film sales and the festivals, it really does go a far way."

Before there was a script

Baker researched the film by interviewing members of the transgender community in L.A., including lead actors Mya Taylor and Kitana Kiki Rodriguez:

"Mya opened the world to us," admitted Baker. "It was a really collaborative time and really nice experience especially since I had no idea that Kiki and Mya were so incredibly talented." STEVE GOW/FOR METRO

has won over many film critics, his innovative production may yet become the next big trend in Tinseltown.

"Hollywood's already doing elevated found-footage-type movies," reasoned Baker, pointing to the fad that's fathered films like *Paranormal Activity* and *Project Almanac*.

"I think Hollywood is always looking for whatever is hot (so) why not? If they see an opportunity in it, they'll take it."



I never thought that our little film would actually be received so well.

Director Sean Baker

CASTING

Two stars inspired *Tangerine*

Tangerine would never have happened had Baker not met trans women and aspiring performers Mya Taylor and Kitana Kiki Rodriguez at the Los Angeles LGBT Center a few years ago. It was their lives and their deep knowledge of the neighbourhood that inspired and informed the film.

The film is alive with a pulsating energy and is often quite funny, even in depicting an awful day. That humour came directly from Rodriguez and Taylor. Baker describes their banter as a standup comedy

routine come to life.

Bawdy and fast-talking, the two friends are the first to point out that their characters are basically them.

Taylor is the mellow one — talkative and thoughtful even at the tail end of a long day. Rodriguez is the spark-plug. Pretty and manic, she speaks quickly and playfully, peppering her speech with benign expletives followed by coy apologies for her "naughtiness."

Together, the two still even make Baker blush with their brash and occasionally off-

the-rails commentary about anything from police raids on Donut Time to Ryan Gosling.

Baker hopes that people will remember the film for his actresses and not the iPhone.

"There's a lot of talent out there in areas where the industry isn't looking and this is just one more reason to be diverse in casting," he said. "The biggest success for this movie would be for the industry to embrace them — that this is the first chapter, hopefully, in their long careers."

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Pfeifer Brown and Reese Mishler in *The Gallows*, a Warner Bros. Pictures release. HANDOUT

The Gallows: Ghost of high school past

INTERVIEW

Co-directors set their film somewhere truly terrifying

**Matt
Prigge**
Metro in New York City

Internet upstarts turned feature film directing duo Travis Cluff and Chris Lofing set their latest project, *The Gallows*, in the already terrifying world of high school theatre. Add in a decades-old tragic accident, the possibility of a vengeful ghost and a darkened, after-hours school setting and you've got something to scream about.

Such a unique setting. What sparked the idea?

Cluff: You know what? We had thoughts of doing something in a high school setting — because high school is scary enough during the day, and it's even scarier at night when no one is around and the lights are out and you can hear the remnants of what echoes stirred in your high school corridors (laughs).

But we wanted to tell a story that could be relatable

and very fun and also could be a little bit like life imitating art. It sounds a little bit artsy, but we feel like we tried to get a story like that mixed into all of it, and then adding the layers of the scares and the suspense and the thriller on top of that.

So essentially you have this story of this guy who likes this girl, and he goes out of his way and out of his element to be with her, and we follow that story throughout — you know, him expressing his love for her and how he does it and how she accepts it.

Did either of you have any experience in high school theatre to inform this?

Lofing: Yeah, we both were involved in theatre. I was involved in show choir, so I was always on stage performing. Travis did several plays in high school.

Cluff: I've been at rehearsals and stuff after hours, as well, when the school hallways are empty and it is very creepy. It's just different when you're alone.

With found-footage movies, how much do you have to think about justifying why the characters keep filming as things go terribly wrong?

**THE PLOT
IN BRIEF**
A HIGH SCHOOL
REVIVAL OF A PLAY
THAT ENDED IN
TRAGEDY RESURRECTS
THE GHOST OF THE
VICTIM

Cluff: It was always in our mind. We know that everyone has questions, we wanted to answer all the questions we could or resolve any concern that a person might have. It's very tricky to do in a found-footage film.

Lofing: Yeah, it's a constant juggle between making a movie and making it feel legitimate, making it feel real. You're always balancing between those two things, and there's a very fine line that you can tip-toe around.

There's also something fun about having your primary narrator doing the filming, Ryan, being kind of annoying.

Cluff: He's a mixed bag. Some people say, "I wanted more of him," some people say, "I wanted less," so we figured that's just about right.

It's always good to have a character where the audience wouldn't feel too terrible were something bad to happen to him.

Lofing: Yes, absolutely (laughs).

HORROR

Scary movies a breeding ground for new talent

From Johnny Depp in *A Nightmare on Elm Street* to Jamie Lee Curtis in *Halloween*, horror films have been a good way for actors to cut their teeth in Hollywood.

The Gallows, opening Friday, features a cast of relatively unknown actors hoping to make their mark, including Cassidy Gifford, the 21-year-old daughter of TV personality Kathie Lee Gifford and former football player Frank Gifford.

Gifford says she's known since she was a young child that she wanted to perform.

"I did the Three Little Pigs when I was in first grade, and I was the pig with the brick house, so I technically was the smart pig, not to toot my own horn," she joked.

The Gallows is set at a high school where a student died in a horrific accident during a school play in 1993. Twenty years later, the school tries to resurrect the production. The night before the play is to open, a few students break in to trash the set, but find themselves trapped inside the school. The movie is presented like footage recorded by one of the students.

Gifford said the film was large-



Cassidy Gifford and Ryan Shoos in New Line Cinema's horror flick *The Gallows*. HANDOUT

“They wouldn't tell us what we were going to shoot until the morning we got there.”
Cassidy Gifford

ly improvised with the actors playing characters who share their first names.

"They wouldn't tell us what we were going to shoot until the morning we got there, sometimes the night before if we were lucky, but they would give us the outline and say, 'These are the points that we want to hit,'" she said. "There were a

few things that needed to be said for plot (points) that would come out later in the movie, but ultimately it kind of came down to us kind of playing off one another."

Made on a small budget, Gifford said getting studio backing and a summer opening makes the film "an underdog story."

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POTUS with a Big problem

BIG GAME

Finn's actioner an homage to the '80s films of his youth



Richard Crouse
Metro|Life

When Finnish director Jalmari Helander saw his new film *Big Game* at the Toronto International Film Festival's Midnight Madness, he was reduced to tears.

"It was one of the nicest moments of my life," he says on the line from Helsinki. "It was a really big theatre with a lot of people and they were giving it applauses in the middle and shouting and really loving the film. I was crying in my seat with pure happiness. It was really amazing."

"If you think about rock stars, they play for an audience and get feedback at all times. But for a moviemaker it's really, really rare you can see the reaction of the audience."



Big Game director Jalmari Helander CONTRIBUTED



Onni Tommila and Samuel L. Jackson in the Finnish-made film *Big Game*. CONTRIBUTED

The movie is an '80s style POTUS-with-a-problem action flick starring Samuel L. Jackson as the U.S. president stranded by terrorists in the wilds of Finland. He's kept alive by Oskari (Onni Tommila), a teen who demonstrates his bravery by keeping the president alive despite great odds.

Big Game is an homage to the kinds of movies Helander grew up watching, "the old Indiana Jones films or Spielberg."

The kind of films, he says, that "stretch the limits of what's believable and what's not."

Being a director, he adds, also gives him the chance to impart the euphoric feeling he felt the first time he saw *Escape from New York* or *Die Hard*.

"That's the reason I want to make movies, to try and give the same feeling to someone else."

Big Game's star is Jackson, but the movie's beating heart

is Helander's nephew and favourite actor Onni Tommila, who was just 13 when he shot the film.

The role is very physical, but Onni says the one stunt he was allowed to do was cut from the film and "when I am shooting with the bow that was done in a green screen. It wasn't that cool."

What was cool was working with his co-star. Just not the one you might expect. "At

Rock stars, they play for an audience and get feedback at all times. But for a moviemaker it's really, really rare you can see the reaction of the audience

Jalmari Helander on TIFF response to *Big Game*

first I was nervous in front of Samuel L. Jackson, but in the end I think I was more nervous in front of my father." His dad co-stars as a villager and they

share several scenes together. "I want him to feel like... I can't explain it. In some ways working with my father is harder, but in another way it is easier."



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Billy Connolly the daftest punk of all

SLUGLINE

Scottish actor talks aging and lighting candles for pal Robin

Three weeks before he was to start shooting his new film, *What We Did On Our Holiday*, Scottish star Billy Connolly got a wallop of bad news.

On the same day in September 2013, within a span of hours, he received two major diagnoses: that he had Parkinson's disease and early-stage prostate cancer.

Connolly underwent surgery to remove the cancer and never considered pulling out of the film. In fact, he didn't even tell writer-director duo Andy Hamilton and Guy Jenkin about his Parkinson's diagnosis, he said.

"It didn't change anything at all," the 72-year-old comedy legend said in a recent telephone interview, noting he had very few Parkinson's symptoms at the time.

"I think they thought I was just getting old, when I sat down a lot, which is quite right. I am getting old."

Connolly even joked that his condition "was very useful" for his role as an ailing grandfather who gets a visit from his son and his fractured family to celebrate his 75th birthday in the Scottish Highlands.

Rosamund Pike and David Tennant play parents who have separated but don't want their extended family to know. Emilia Jones, Bobby Smalldridge and Harriet Turnbull are standouts as their children; Connolly said they deftly handled dialogue that involved a lot of ad-libbing.

The sweet comedy, which was inspired by the BBC show *Outnumbered*, opens at Toronto's Cineplex Varsity Cinemas and Vancouver's Cineplex Fifth Avenue Cinemas on Friday.

Connolly's character has an attitude of acceptance and humour about his illness, which also reflects the way the actor feels.

He said he's just as enthusiastic about life as ever, noting he was once asked by a woman if he wanted to join a society supporting the right to die and his response was an emphatic "No" (preceded by an unprint-

able expletive).

"You must never give these things an even break, because you certainly find they overwhelm you, and it's all people want to talk about," he said from his home on the Maltese island of Gozo, where he likes to draw.

"You become defined by it. But I've had 45, 50 years without (Parkinson's), so I can get along just fine, thank you very much.



Billy Connolly and Emilia Jones in the upcoming film *What We Did on Our Holiday*. HANDOUT/ THE CANADIAN PRESS



Sometimes I pick people, and I say, 'You, you're my memory tonight.' They love it

Billy Connolly on ad-libbing while on stage

And I find it very interesting, especially in my comedy life, because my mind works differently. It works at a different speed and I find it very exciting."

The late comedy star Robin Williams, who was Connolly's good friend, was said to be suffering from the early stages of Parkinson's disease — as well as depression and anxiety — before he committed suicide in August 2014.

Connolly said he spoke with Williams shortly before his death and he "knew there was something wrong."

"He kept saying that he loved me and asking if I believed him and I said, 'Of course I believe you. Don't be daft,'" said Connolly.

"My wife's a psychologist and afterward she said, 'I think that was him saying goodbye.'"

Connolly said he met Williams in Canada in the 1970s when they were in the studio at the same time for tapings of the CBC-TV talk show *90 Minutes Live*, hosted by Peter Gzowski.

"He's got me going to church, the bugger," said Connolly of Williams.

"Well, I don't go and pray, I go and light a candle for him. And my sister died a couple of weeks ago, so I light two candles.

"It really appeals to me, the flame burning when you leave the building, you know?"

In October, Connolly will take his ad-libbed standup comedy *High Horse Tour* to Canada.

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The Power to Surprise

MUSIC

Willie to get Gershwin Prize

The equal parts iconic and prolific country music star has been officially named by the U.S. Library of Congress as the next recipient of its lifetime achievement award.

Nelson will officially receive the award in Washington D.C. in November and a series of events are being planned to honour the man and his work in the coming months.

"Willie Nelson is a musical explorer, redrawing the bound-

aries of country music throughout his career," said Librarian of Congress James Billington. "A master communicator, the



His lyrics place him in a category of his own

Librarian of Congress James Billington

sincerity and universally appealing message of his lyrics place him in a category of his own while still remaining grounded in his country-music roots. His achievements as a songwriter and performer are legendary."

As such Nelson, who has released over 140 albums to date, joins a list of other similarly iconic recipients, including Paul Simon, Stevie Wonder and Paul McCartney. AFP



Willie Nelson YURI GRIPAS/AFP FILE

TELEVISION

Giuliana gives up daily news gig but stays at E!

Giuliana Rancic is making a change in her duties at the E! channel.

E! said Rancic will step away from her daily news anchor position on Aug. 10, but will continue to host red carpet coverage and *Fashion Police*.

Rancic said she plans to focus more on her clothing lines, wine and producing. THE ASSOCIATED PRESS

Now playing



SCI-FI & FANTASY Self/Less

Director: Tarsem Singh
Starring: Ryan Reynolds, Natalie Martinez

In this psychological science-fiction thriller, a wealthy man dying from cancer undergoes a radical medical procedure that transfers his consciousness into the body of a healthy young man. But all is not as it seems when he starts to uncover the mystery of the body's origin.

ROTTEN TOMATOES™ SCORE

Critics: **24%** **Audience:** **62%**



ACTION & ADVENTURE Big Game

Director: Jalmari Helander
Starring: Samuel L. Jackson, Jim Broadbent

In the rugged countryside of Finland, a 13-year-old embarks on a traditional quest to prove himself by spending 24 hours alone in the wild, armed with only a bow and arrow. After witnessing a spectacular crash, he discovers the escape pod from Air Force One, containing the U.S. president.

ROTTEN TOMATOES™ SCORE

Critics: **74%** **Audience:** **38%**



ANIMATION Minions

Directors: Pierre Coffin, Kyle Balda
Starring: Sandra Bullock, Jon Hamm

Minions, perpetually serving the most despicable of masters, find themselves without someone to serve and fall into a deep depression. But one Minion named Kevin has a plan, and he and his pals venture out into the world to find a new evil boss.

ROTTEN TOMATOES™ SCORE

Critics: **59%** **Audience:** **+98%**



HORROR The Gallows

Directors: Travis Cluff, Chris Lofing
Starring: Cassidy Gifford, Pfeifer Brown

Twenty years after a deadly freak accident at a high school play, a misguided attempt to re-stage the play and honor the student proves that some things are better left in the past.

ROTTEN TOMATOES™ SCORE

Critics: **13%** **Audience:** **+85%**



DRAMA Madame Bovary

Director: Sophie Barthes
Starring: Mia Wasikowska, Rhys Ifans

Set in Normandy, France, this is the classic story of Emma Bovary, a young beauty who impulsively marries a small-town doctor to leave her father's pig farm behind. But after being introduced to the glamorous world of high society, she soon becomes bored with her mundane life.

ROTTEN TOMATOES™ SCORE

Critics: **42%** **Audience:** **+79%**



DRAMA & ROMANCE Suite Française

Director: Saul Dibb
Starring: Margot Robbie, Ruth Wilson

Based on the bestselling book by Irene Nemirovsky and set during the German occupation of France in the 1940s, Suite Française tells the story of Lucile Angellier as she awaits news from her husband, a prisoner of war. A story of the power of love and the tragedy of war.

ROTTEN TOMATOES™ SCORE

Critics: **76%** **Audience:** **+89%**

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The voice of a suave villain

INTERVIEW

John Hamm joins the ranks of animated in Minions



Ned Ehrbar
MetroLife

Jon Hamm's latest role calls for him to be suave, debonair and have a certain '60s flair. But this is certainly not Don Draper. "That's a stretch," Hamm says of comparing his Minions character with his Mad Men legacy. "Herb definitely has his own style, and I don't think it's very similar to Don's."

But that doesn't mean the character



Hamm lends his voice to the husband of a supervillain in Minions. GETTY IMAGES



Herb (Jon Hamm) romances Scarlet (Sandra Bullock) in Minions. UNIVERSAL PICTURES/ THE ASSOCIATED PRESS

doesn't seem a bit, shall we say, familiar. "If

there's an analogy to be made, I think it's closer to Austin Powers, at least from a sartorial sense," Hamm admits. "That was the one thing I was careful about. I didn't want to veer too far into Austin Powers territory."

Hamm gets animated for Minions as Herb, husband to the world's first female super-villain (voiced by Sandra Bullock) and something of a villain himself. The happily married do-bad-ers share a bond and common respect that Hamm found to be entirely un-'60s. "It's almost subversive in a way. It's couched in this sort of cartoony evil sense,

but it's very progressive," he says. "He's very, very comfortable in who he is, and he loves his wife and she loves him right back. That's the really kind of lovely part of their relationship."

Already being a fan of the Despicable Me franchise, Hamm was more than happy to come on board for the prequel focusing on the gibberish-spouting yellow

LOONEY TUNES

Learning with Bugs Bunny

A huge animation fan since childhood, Jon Hamm is well aware of the power of children's entertainment.

"I wouldn't know anything about opera if it wasn't for Bugs Bunny. That was my entire introduction to opera music, he says. "It's the combination of the high and the low that I thought was very cool. I had no concept of it as a kid. You just think it's hilarious that Bugs Bunny is a lady Viking. That's funny! And then you realize, 'Why do I know that? Why do I know all of the words to The Marriage of Figaro?' Because of Bugs Bunny." NED EHRBAR FOR METRO

henchmen. But that doesn't necessarily mean he'd want a set of minions of his own, of course.

"Knowing what I know about how effective they are at doing their jobs, I probably wouldn't assign them any tasks that really needed to be done well," he says. "Like picking up dry cleaning — all of your clothes would be ruined ... I would say, 'Go mow the lawn,' and the lawn would be lit on fire, you know? But it would be great if you had one around, just to hang out with."



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TAYLOR SWIFT

Touched by Taylor

An Arizona girl recently diagnosed with cancer has gotten a boost in the form of a \$50,000 donation posted online in singer Taylor Swift's name.

The girl's family posted a video on social media earlier this week of 11-year-old Naomi Oakes referring to Swift's single, *Bad Blood*, as her theme song. The family also said Naomi would have to miss a Swift concert because of her illness.

The person who posted the donation on the fundraising site GoFundMe writes that there will be more concerts but the focus should be on getting Naomi better. A spokeswoman for Swift says the singer doesn't confirm charitable contributions. Swift has a history of sending money and gifts to fans.

Naomi's aunt, Andrea Percival, said that Swift's generosity was completely unexpected.

Percival says Naomi was diagnosed with acute myeloid leukemia last month. THE ASSOCIATED PRESS



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Filmmaker Damon Gameau uses himself as a guinea pig to uncover the effects of a high-sugar diet in *That Sugar Film*. HANDOUT/THE CANADIAN PRESS

Sugar hiding in plain sight

DOCUMENTARY

Director documents what a high-sugar diet does

With some people calling sugar toxic and others insisting it's essential for energy, filmmaker Damon Gameau decided it was time to unpack the ambiguity around the sweet substance.

He conducted an experiment — using himself as the guinea pig — to document the effects of a high-sugar diet on a healthy body. He would eat 40 teaspoons of sugar a day, the equivalent of just above the daily teenage average in Australia, and show his progress in *That Sugar Film*.

The twist? The sugars had to

be hidden in commonly perceived healthy foods and drinks — like granola bars, juice, low-fat yogurt, cereal, smoothies and sports drinks. The sugar had to consist of sucrose and fructose, whether “added” or naturally occurring. He had to avoid pop, junk food, ice cream and candy. He had to choose low-fat foods and maintain his same level of exercise.

With his first breakfast of cereal, juice and yogurt, Gameau found he was nearly halfway to his daily total with about 20 teaspoons of added sugar. (One teaspoon of sugar is about four grams.)

During the two-month experiment, Gameau was supervised by medical and nutrition experts. He gained 15 pounds and packed on more than four inches around his belly. Within three weeks he'd

developed fatty liver disease. He suffered from mood swings, lack of energy and skin breakouts. By the end, he had early Type 2 diabetes and heart disease risks.

This all came from eating much less fat and fewer calories than before he started.



I was eating ... food that parents might feed their kids.

Damon Gameau

“I was eating a lot of food that parents might feed their kids,” said Gameau, noting many of the products are cleverly marketed with bright colours and slogans denoting health. “But as we explore in the film, they

often have more sugar in them than their healthier alternatives.”

The World Health Organization recommends limiting daily intake of added sugars to less than 10 per cent of total energy intake. A further reduction to below five per cent or roughly 25 grams (six teaspoons) per day would provide additional health benefits, the WHO says.

“We’re not trying to demonize it and say don’t ever have sugar again. Just be aware of where it’s actually hiding, because then you can make choices,” said Gameau.

While making the film, he became aware of the levels of non-alcoholic liver disease, diabetes and obesity in kids.

“The more I learned and understood the topic the more I thought you really have to make sure kids see this. That’s why I really played with the tone and

made it irreverent and fun and accessible to families.”

Gameau put what he couldn’t include in the film in *That Sugar Book*, a companion volume that includes tips, advice and recipes.

The good news for Gameau, 39, is that his health and weight went back to normal once he returned to his pre-experiment diet.

“I think there’s a terrific message in there, how reliant as a society we are on medications and big pharma, that a lot of this stuff obviously can be prevented by eating the right foods. For many people who aren’t too far down the road, you can get incredibly positive results just from changing the way you eat.”

The film opens Friday in Toronto, and in Calgary and Winnipeg on July 17, with wider release later. THE CANADIAN PRESS

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Q&A

Ryan Reynolds talks hubris, junkets and franchises

Matt Prigge
Metro in New York City

Ryan Reynolds just got back from five weeks in Bangkok, and right away he has to do a junket, solo, for his new film, the sci-fi thriller *Self/less*.

And yet despite jet lag he remains in good spirits, even if junkets aren't at all times an ideal form of communication, and even if the film he's talking about can get heavy. In it, he plays the reincarnated version of a wealthy greed monster, played by Ben Kingsley, who's so rich he's able to pay a shady company to transfer his consciousness from his dying body to a new one, namely one played by Ryan Reynolds.

This is a film that really digs into anxieties over mortality and the dissolution of the self. Were those the ideas that most grabbed you?

Not really. It was the idea of hubris and arrogance and the class system, and all these things that propel a person to say, "Oh, I cocked up the first life. Let me just buy another one."

It's just so vile to think like that. I like seeing characters fall from grace, and I like seeing characters accept or deal with consequences. Damian actually becomes someone who doesn't know what to do with his wealth.

There's this quest for thrills



Ryan Reynolds plays the reincarnated version of an outrageously wealthy, greedy man in *Self/less*. HANDOUT

that is ever-growing. I know one guy who just does some of the most insane s— you can imagine. Maybe it's because he's experienced so much already. He's bought everything he's wanted. He's always owned the fastest cars, the coolest planes. After a while it becomes a law of diminishing returns. There's a lack of well-being with these people.

Not all of them, just particular ones.

This isn't as ostentatiously visual as the other films by Tarsem Singh, like *The Fall* and *Immortals*, but he's still a director known for his visuals. How do you deal with filmmakers like that?

It's nerve-racking, because you think going into it, are they

going to be able to talk to actors? Are they going to (know) what the scene is about apart from it just looking cool? But he's the opposite for me. I found him really attentive to each scene. A movie is only as good as its director, and the sort of unfortunate truth is in this industry, it's a director's medium. The director is God on a film set. We can only suc-

ceed as far as he's willing to take us.

***Self/less* seems rare, not only in that it's a character-driven, ideas-driven sci-fi movie, but also that it's a one-off, not a franchise movie. I can't imagine there being a *Self/less 2*. Oh God, no! But that's great, isn't it? It's refreshing that there are some films like that**

DIRECTOR'S TAKE

If you want to enjoy this movie, don't watch the trailer: Tarsem Singh

Film director Tarsem Singh's new sci-fi feature *Self/less* is packed with twists.

If you're curious about where a lot of them lead, all you have to do is watch the movie's trailer, Singh grumbles.

"They obviously think it's better to have (audiences) come in and be angry than not come in at all," Singh says in a recent phone interview from Montreal. "I didn't mind some of it being given away, but yes, if you asked me, I think it went overboard."

The Indian-born filmmaker says his complaints about the action-packed teaser fell on deaf ears.

He'd rather people stay away from it altogether if they plan on seeing the movie.

"When we play the movie cold to people it played so well because when people didn't know what's happening they were so intrigued."

THE CANADIAN PRESS

still. It's scary, because everything's a franchise now. It does kill off the one-off movies — the small films by Screen Gems or Focus Features. It's getting harder and harder to finance those movies. I'm worried for the future, in the sense that one day, 12 months a year it's just going to be franchise films. Even at awards season it will be franchise movies that will collect all the gold. It's a rare breed these days to have a one-off.

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Private poet's life now public

Emily Dickinson was born, and lived a secluded life, in Amherst, Mass. While she rarely travelled beyond the town, her poems had global reach. Now the world comes to Amherst.

NUALA O'CONNOR/FOR METRO



MASSACHUSETTS OFFICE OF TRAVEL AND TOURISM

1 The Homestead, 280 Main St.

This yellow mansion, built by Dickinson's grandfather, was the poet's home for most of her life. She was born and died there. Now it is one half of the Emily Dickinson Museum. Visitors can enjoy a tour and stand in the light-filled bedroom where Dickinson wrote and lowered baskets of gingerbread from her window to children below. The museum has a wonderful shop for all things Emily — dolls, books, T-shirts, notecards, posters and fridge magnets.



DADEROT/WIKIMEDIA COMMONS

2 The Evergreens, Main Street

This Italianate villa lies across the garden from The Homestead and is the other half of the Emily Dickinson Museum. This was the home of Dickinson's brother Austin and his wife Susan, Emily's dearest friend. This is a house of atmosphere — it retains its Victorian decor and much of Austin and Sue's paintings and furniture.



MASSACHUSETTS OFFICE OF TRAVEL AND TOURISM

3 Jones Library, 43 Amity St.

The library's Emily Dickinson Room houses a large collection of Dickinson-related items, including an eclectic exhibition of Emily-related memorabilia. You can see, among other things, her original calling card, first editions of her posthumously published poetry collections, and a set of cameo buttons that belonged to the poet.



FLICKR: MELVIN MASON

4 West Cemetery, Triangle Street

The graveyard where Dickinson is buried is a tree-filled oasis off North Pleasant Street. Here you can see the Amherst History Mural with Dickinson at its heart. Here, too, is the Dickinson family plot, framed by a black wrought-iron fence, where Emily rests with her parents and sister. Brother Austin is buried at Wildwood Cemetery. Fans leave mementoes on and beside Emily's grave, including toys, flowers and handwritten notes.



FLICKR: ROBERT GRAY

5 Amherst History Museum, 67 Amity St.

Many people are familiar with Dickinson's white dress, and this lovely museum has it on display in a glass case. The dress, known as a wrapper or house dress, is made of dimity, has handy pockets and a row of mother-of-pearl buttons. (The Emily Dickinson Museum displays a replica of the same dress.)

Nuala O'Connor is the author of historical fiction novel *Miss Emily*, to be published on Tuesday.



The Whitworth Art Gallery in Manchester, England. KATHY BUCKWORTH FOR METRO

Modern Manchester

ENGLAND

City protects historic sites amid current shops, eateries

Kathy Buckworth
For Metro

"It's really hard to get lost in Manchester," our walking tour guide Jean advised us as we walked this most walkable city. "And you can always find a pub to sit down at and have a pint if you get tired."

In a nutshell, it describes this reinvigorated, yet historic city. Nicknamed "The Original Modern City," Manchester strives to protect its past — incorporating the many cotton mills which were the main source of industry in the city for many years, into its current cityscape — while transforming itself into a city of art, culture, cuisine and sport. The best examples of this



University of Manchester.
KATHY BUCKWORTH FOR METRO

are the two English Premier League football (soccer) teams, Manchester United and Manchester City. Extreme rivals, their stadiums are housed at opposite ends of the city, the sport comes together at the Football Museum.

The downtown core houses a population of only about 50,000 (versus the greater Manchester area, which is closer to 2 million) as there weren't traditionally residences located in what used to be a fairly derelict area until the mid-'90s.

Now, buildings have been renovated specifically to attract a younger demographic of students and newly employed graduates.

The city is booming with restaurants, boutiques, and a vast array of vintage clothing shops. The most well-known is Afflecks, which has vintage and gothic clothing, jewelry, piercings and tattoo offerings spread over five eclectic floors.

The arts scene is thriving, as well, with museums and galleries offered free to the public, including the renowned Whitworth Art Gallery.

The food scene in Manchester has exploded beyond

the traditional pub, from The Curry Mile, to the Alice in Wonderland-themed Richmond Tea Rooms, and to the authentic tastes of Malaysia at the fabulous Ning Restaurant.

Historic sites are protected and adapted across the city; most notably the Printworks Building, once home to the Daily Mirror, which relocated to London.

This cavernous building's facade is still intact, with an indoor dining and movie complex built as a faux outside street.

One "historic" site which will not be preserved is the original studio site for Coronation Street, the world's longest running television program.

Filming moved to the new Media City in 2013, and after a short period of offering set tours, the site will be demolished in 2016 to make room for hotels, theatres, and 2,500 apartments.

IF YOU GO
Air Transat flies to Manchester from Toronto, Calgary and Vancouver.

SICILY

Reserve does not hold back on its beauty

The Zingaro Nature Reserve is a wild and rugged stretch of land that runs along the coast of northwest Sicily.

Mountains rise above sandy beaches with views of the sea in two distinct bands of colour: translucent aqua in the shallow waters near the shore, and a deep, dark blue beyond.

Cars are not allowed and neither are new buildings.

The park is dotted with old stone structures, and families who lived and farmed in the area before the reserve was created in 1981 use pack mules to bring goods in and out.

The main trail splits into a few others, but they're well-marked.

Visitors who want to keep it simple can just stay on the route that hugs the coast. It's a relatively easy trail with some ups and downs, but no real climbing other than some stairs. Now and then, a spur from the trail heads down to several small, pretty beaches.

At the end of May, the park was quiet, with wildflowers everywhere. There was no shade on the trail at midday, but the sea breeze was cooling and the air was fresh.

Location, location

The park is located outside Castellammare del Golfo, about an hour west of Palermo.

Visitors can drive to the park from an agriturismo — a farm with guest rooms — through the pretty little town of Scopello. Parking is available in a lot just outside the reserve.

A short tunnel connects the parking lot to the trail, and when visitors emerge, they may not believe how instantly beautiful it is, requiring just the smallest effort to see the stunning landscape.

Essential info

Visitors can spend just a few hours at Zingaro, or choose to spend a whole day there, free of the motorized world, watching the light change as the day wears on and exploring this gem of a place.

Admission to the reserve costs 5 euros (\$7 CDN) for adults, and 3 euros (\$4.20) for children up to age 14. It's open daily, from 7 a.m. to 7 p.m.

Detailed directions, itineraries and places to stay can be found at riservazingaro.it.

THE ASSOCIATED PRESS



A cluster of buildings clings to the coastline in the Zingaro Nature Reserve in northwest Sicily. THE ASSOCIATED PRESS

TRAVEL NOTES IRISH LUXURY, EUROPEAN VALUE AND MEXICAN SPLENDOR

Bucket list

High-end travel company Belmond is now taking reservations for a new train, the Grand Hibernian, which will be Ireland's first luxury train, launching in August 2016. The two- to six-night trips hit the countryside, the castles, plenty of coastline and the cities of both Ireland and Northern Ireland. Visit Belmond.com/grand-hibernian-train.



The Giant's Causeway on Ireland's north coast. CHRIS HILL

Shoulder seasons

Youth travel outfit Contiki has just launched an off-season program for travel to Europe between October and March when prices drop and crowds thin out. More than 40 new tours ranging from three to 25 days will see you hoisting steins in Germany, skiing in Austria, gallery-hopping in Paris or shopping the Christmas markets in Vienna. Visit Contiki.com.



Head to Europe off-season. CONTRIBUTED

Hilton makeover

The Hilton Beach & Golf Resort in Los Cabos, Mexico, just reopened after a multi-million-dollar renovation. Upgrades include room refreshing, 65 new suites, new culinary concepts, a tequila and mezcal bar, a 7,000 square foot spa and more. The resort sits on one of the area's few swimming-friendly beaches. Visit HiltonLosCabos.com. DOUG WALLACE



Fully revamped Hilton Los Cabos. CONTRIBUTED

metro SPORTS

Your essential daily news

Milos Raonic is targeting the Rogers Cup as his return from a lingering foot injury

IN BRIEF

Maple Leafs sign Marincin to one-year deal

The Toronto Maple Leafs signed defenceman Martin Marincin to a one-year contract Thursday.

Toronto acquired the 23-year-old Marincin from the Edmonton Oilers last month for forward Brad Ross and a 2015 fourth-round pick.

Marincin, the Oilers second-round draft selection (46th) in 2010, had a goal and 10 assists in 85 career games over two seasons with Edmonton.

THE CANADIAN PRESS

Ventura helps Royals cap four-game sweep of Rays

Lorenzo Cain and Salvador Perez hit two-run homers, Yordano Ventura went five innings in his return from the disabled list, and the Kansas City Royals beat the Tampa Bay Rays 8-3 on Thursday to finish off a four-game sweep.

Ventura (4-6) allowed three runs and four hits and three walks, striking out four. It was his first start since June 12, when an elbow condition began causing numbness in his hand.

The Royals scored at least seven runs in every game of their first four-game sweep since September 2008, against Seattle. THE ASSOCIATED PRESS

LeBron, Cavaliers agree on new contract

Just shy of the one-year anniversary of his celebrated homecoming, LeBron James told the Cavaliers he's staying put.



LeBron James
GETTY IMAGES

James agreed to terms of a one-year, \$23 million contract for next season, two people familiar with the negotiations told the Associated Press on Thursday. The deal includes a player option for 2016-17, said the persons who spoke on condition of anonymity because James has not yet signed the contract.

THE ASSOCIATED PRESS



MLB CARDINALS KEEP PIRATES AT BAY Gregory Polanco of the Pittsburgh Pirates is tagged out at home plate by St. Louis Cardinals catcher Yadier Molina in Pittsburgh on Thursday. Molina and Matt Carpenter each had two hits and two RBIs, while Carlos Martínez pitched 7-1/3 scoreless innings in the Cardinals' 4-1 win. JARED WICKERHAM/GETTY IMAGES

Jays can't swim with Shark

MLB

Samardzija outduels Dickey with 4-hit shutout

Jeff Samardzija kept the Chicago White Sox on a roll.

Samardzija had a four-hitter, Melky Cabrera homered and the White Sox shut out the Toronto Blue Jays 2-0.

The White Sox have won seven of nine and are starting to look like the team many thought would contend for a playoff spot this season.

BACK AT EVEN

The Blue Jays (44-44) dropped to .500 for the first time since June 9 when Toronto was 30-30.

THURSDAY In Chicago



"If we go out and do our job, we know what the outcome is gonna be," Samardzija said. "If we don't, and we don't have a strong last couple weeks of the month, we know what results gonna be, too."

"It's in our hands here in the clubhouse and we need to take care of it."

Samardzija (6-4) took care of things against the high-powered Toronto offense. He took a no-hitter into the sixth inning for a second straight game. It was his first complete game of the season. He struck out slugger Jose Bautista to end the two-hour, 15-minute game and threw 108 pitches.

"He's got a good, overpower-



White Sox pitcher Jeff Samardzija improved to 6-4 on Thursday in Chicago. DAVID BANKS/GETTY IMAGES

ing, live fastball and he's got a great slider," Blue Jays manager John Gibbons said. "He threw the slider behind in the count and the good ones can do that. He's easily one of the most sought-after guys out there."

Samardzija, who has been

linked to trade rumours involving the Blue Jays, has pitched at least seven innings in seven straight starts, but Thursday was the first time during that stretch he was able to get through the eighth inning. He had just one win during that

span before Thursday.

"He was sharp, he was aggressive in the zone," Chicago manager Robin Ventura said. "His competitiveness is always there. That's probably the biggest thing that sticks out when you watch him pitch, emotionally and everything else."

Toronto's R.A. Dickey (3-10) allowed two runs and four hits in seven innings.

Ryan Goins singled to right field with one out in the sixth inning to end Samardzija's no-hit bid.

Goins was later stranded at third base when all-star Josh Donaldson ground into an inning-ending double play.

The White Sox took the lead in the bottom of the sixth. Adam Eaton led off with a triple and later scored on a passed ball as catcher Russell Martin missed Dickey's knuckleball.

Cabrera then made it 2-0 with a solo shot into the right-field bullpen. THE ASSOCIATED PRESS



Serena Williams can win her fourth consecutive major title with a victory on Saturday. ADRIAN DENNIS/AFP/GETTY IMAGES

WIMBLEDON

Williams sails past Sharapova into final

Her game in high gear, history in the offing, Serena Williams is perfectly content to let everyone else talk about what a victory in the Wimbledon final would mean.

A "Serena Slam" of four consecutive major titles. The third leg of a calendar-year Grand Slam. A 21st major singles trophy, one short of the Open-era record. For now, the No. 1-seeded Williams is keeping her thoughts to herself, declaring she won't entertain questions about those topics, even after easily dismissing No. 4 Maria Sharapova 6-2, 6-4 in the semifinals at the All England Club on Thursday to close in on the milestones.

"I don't want the pressure of that, and I'm not thinking of that. When you talk about it every time, you can't help but think about it," Williams said.

"It's been OK just to free my

brain from that."

Whatever works. Clearly, Williams is doing plenty right at the moment. Particularly against Sharapova, whom she's beaten 17 times in a row.

Williams hit 13 aces, reaching 123 m.p.h. Fewer than half her serves were put in play. She never faced a break point, and was pushed to deuce just once on her serve. In sum, Williams made Sharapova look like some sort of middle-of-the-pack wannabe, rather than the five-time major champion, career Grand Slam owner and former No. 1 that she is.

On Saturday, with so much at stake, Williams will face No. 20 seed Garbine Muguruza of Spain, who advanced to her first Grand Slam final by eliminating No. 13 Agnieszka Radwanska of Poland 6-2, 3-6, 6-3. THE ASSOCIATED PRESS

IN BRIEF

Thorbjorn Olesen cards 63 to lead Scottish Open

Thorbjorn Olesen returned to form with a 7-under 63 to take a one-shot lead after the first round of the Scottish Open on Thursday, with American Jimmy Walker in second.

Rebounding from missing the cut in five of his last six events, Olesen made seven birdies — including three in a row on Nos. 15-17 — and was bogey-free in benign conditions for the morning starters over the Gullane links. THE ASSOCIATED PRESS

Mouthy McGregor out to back up his words

UFC

Lethal Irishman keen to put 'B-level' Mendes in his place

Although Conor McGregor is an undeniably vicious puncher, heavy hands alone didn't get him a title shot and a headlining pay-per-view spot in just his sixth UFC fight.

And they certainly aren't the reason he gets a seat on Dana White's private jet.

McGregor will be in the octagon with Chad Mendes on Saturday night at UFC 189 because he made himself vital to the world's dominant mixed martial arts promotion with his mouth, even more than his fists. A promotion in dire need of new, mass-marketable stars has a supernova in this loquacious, pugnacious Irishman. McGregor (17-2) is one fight away from backing up years of gloriously tough talk with a championship belt around his waist.

"I'm here to shoot this man down, break that pay-per-view record and cash them big fat checks, and (forget) everybody that is doubting me," McGregor said. Listen to McGregor for a few minutes, and you'll probably arrive at one of two attitudes: You'll have little doubt McGregor will steamroll any opponent on his path to riches and glory, or you'll be dying for Mendes — anybody, really — to shut his mouth.

Either way, McGregor knows

This is the McGregor Show. We all know people are showing up to see me. It doesn't matter whether it's Jose (Aldo) or Chad (Mendes).

UFC fighter Conor McGregor



Ireland's outspoken UFC star Conor McGregor has a 17-2 record and so does his opponent this weekend Chad Mendes. Mendes is stepping in for the injured Jose Aldo. BUDA MENDES/GETTY IMAGES

he wins. "This is the McGregor Show," he said. "We all know people are showing up to see me. It doesn't matter whether it's Jose (Aldo) or Chad."

The most entertaining MMA personality in recent memory has the chance to leave the MGM Grand Garden Arena in Las Vegas with the interim featherweight title, capping a remarkable rise to prominence for a 26-year-old fighter who left a job as a plumber in his native Dublin in 2008 to immerse himself in the sport.

"I know my growth. I know my work ethic, and I know where I have come in this game," McGregor said. "And now I am in a position where I am invincible."

McGregor's ascent has been

greeted with a combination of skepticism and excitement by his fellow fighters, particularly those in his weight class. They understand the multilayered game he's playing with his brash public pronouncements and sharp-dressed image, but McGregor is serious enough to spark genuine anger from the targets of his verbal wrath.

"I've been preparing for Conor McGregor since the first time I seen this dude fight in the UFC," Mendes said. "What I knew was, he's going to talk his way up to the top. He beat every person they put in front of him ... but this is a guy that I know I can beat, and I'm going to get in there and do that."

McGregor spent much of the past several months promoting a matchup with Aldo as the UFC's biggest fight of the summer, but the long-reigning, oft-injured champion dropped out with a broken rib 2-1/2 weeks ago. McGregor says he wasn't

surprised after his numerous public confrontations with the Brazilian champion.

"When you look into a man's eyes and you look them dead in the eye, you can see straight into his soul there," McGregor said. "And no one else even watching can see it. And I looked into his eyes and I knew (Aldo) doesn't want to be here."

Even on short notice, McGregor eagerly agreed to a replacement fight against Mendes (17-2), whose only career losses both came against Aldo. Mendes is a dominant wrestler, and the change in opponents presents an entirely different challenge for McGregor, but he didn't slow down his training or his mouth.

"I think Chad is the substitute, the B-level," McGregor said. "I think he's a wrestler with an overhand that gasses."

McGregor has a succinct fight prediction, too: "Four minutes into the first round, he will be unconscious." THE ASSOCIATED PRESS



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TRAINING GRACE ON WHEELS The United States' Courtney Donovan trains at the roller figure skating venue for the Pan Am Games at Exhibition Centre in Toronto on Wednesday. The event gets underway this weekend.

GREGORY BULL/THE ASSOCIATED PRESS

TOP CONTENDERS

Americans boast lots of Olympians

The U.S. Olympic Committee has announced a 623-member team for the Pan American Games.

That number will be trimmed slightly, however. The preliminary 24-player men's basketball team will be reduced to 12 by July 15. And one male and one female replacement athlete are expected to be named in the coming days for track and field to complete the team.

The U.S. team, which has finished first in total Pan Am medals in all but one appearance, is smaller than Canada's 720-member squad.

"Every four years the Pan American Games afford U.S. athletes the rare opportunity to represent their country in a multi-sport setting outside the Olympic Games," USOC CEO Scott Blackmun said in a statement Monday.

"Some of the most decorated U.S. athletes in their sports will be competing alongside athletes representing the United States for the first time, and I'm confident this group will make our nation proud. The



American swimmer Natalie Coughlin, a winner of 12 Olympic medals, will compete in Toronto. GETTY IMAGES FILE

Pan Am Games are especially important for the 10 sports that have direct Olympic qualification on the line, and we are excited to support all our athletes in every way possible."

The U.S. Pan Am squad features 111 Olympians, including 38 Olympic medallists and 20 Olympic champions.

THE CANADIAN PRESS

Canadian BMXers are ready to ride

PAN AM GAMES

Centennial Park in Etobicoke to host races

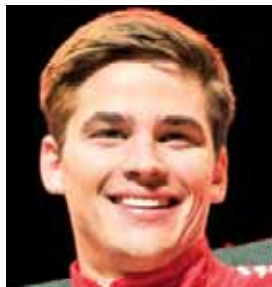
Tory Nyhaug shrugs because it's so obvious. A gold medal at the Pan Am Games would be a premier feather in his cap — rather, in the goggle strap around his full-face helmet.

The 23-year-old out of Coquitlam, B.C. is perhaps Canada's best hope for a podium finish in the BMX event. He won the national title last week — his fifth straight victory — and feels he's primed to perform to his highest ability at the newly-built Centennial Park race track in Etobicoke, where the first heats of the event will begin Friday.

"To compete in a major event in Canada is really a once-in-a-lifetime opportunity, so it's going to be exciting," said Nyhaug. At ninth place, he is currently the highest seeded Canadian in the BMX rankings.

"It's not like a typical race where you have to spend every minute trying to figure out the track. We already kind of know the track," he continued. "I'm just going to race the best I can and hopefully at the end I'm in the final and going for a podium."

Nyhaug was among the four racers competing for Canada who were introduced to the media in Toronto on Wednesday. He is the only member to have raced in the Olympics: he rode in London in 2012 but failed to advance to the semi-finals, just weeks after



Tory Nyhaug

BERNARD WEIL/TORSTAR NEWS SERVICE

he ruptured his spleen for the second time at a BMX event and had the organ surgically removed. Since then, Nyhaug has cracked the podium on the world cup circuit several times, claiming a career-best silver at the 2014 world championships.

The team includes Jimmy Brown and Daina Tuchscherer, who are both from Airdrie, Alta., as well as Amelia Walsh, who has won three straight Canadian titles and is the highest ranked Canadian woman in the world at 26th.

But the competition will be fierce. Some of the best racers in the sport are suiting up for the Pan Ams, including No. 2-ranked American Connor Fields and Colombia's Mariana Pajon, the top-seeded female BMXer in the world and gold medalist at the London Olympics.

Nyhaug cautioned that, though the Canadians are familiar with the track, their opponents have all week to practise on it and will be ready to go when qualifying time trials start on Friday.

"On race day, it's all going to be equal," he said.

TORSTAR NEWS SERVICE



Tory Nyhaug competed in the men's BMX cycling at the London 2012 Olympic Games.

PHIL WALTER/GETTY IMAGES FILE

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WHAT TO WATCH

Games take Toronto area

The wait is over. After years of planning, months of preparation and countless hours of volunteer work, the 2015 Pan Am Games have landed in Toronto.

FRIDAY

The opening ceremony starts Friday at 6 p.m. at the Rogers Centre. A capacity crowd of 45,000 will be wowed by a special performance from Cirque du Soleil. The event will be broadcast by CBC.



SATURDAY

The Games' starting pistol sounds off Saturday at 7 a.m., with the first medals being awarded in women's 400-metre canoeing. Canada's gold-en paddler, Adam van Koeverden, will also be hitting the water for the men's kayak sprint.

Canada's men's rugby team starts its gold medal defence Saturday at 10 a.m., squaring off against Guyana.



Adam van Koeverden
GETTY IMAGES

SUNDAY

Sunday's marquee is undoubtedly men's soccer, with the Canadian team facing stiff competition from Brazil in Hamilton. The game kicks off at 6:35 p.m.

LUKE SIMCOE/METRO

Rugby sevens looking to spark Canadian interest



Rugby sevens captain Jen Kish and the Canadian women's team open up the Pan Am Games tournament against Colombia on Saturday in Toronto.

JONATHAN HAYWARD/THE CANADIAN PRESS

PAN AM GAMES

Women's team hope to follow in footsteps of soccer success

Canadian rugby captain Jen Kish, as most athletes in Toronto do, wants to leave the Pan Am Games with a gold medal around her neck. But her entire rugby sevens team also wants to win something far less tangible while they're in Toronto: The support of a nation. That's what the women's soccer team won at the London Olympics, along with its bronze medal, and, as a consequence, played to packed crowds on home soil at the Women's World Cup.

"To see how the women's

soccer team has bloomed from medalling in the last Olympics, it's amazing and we're very envious of that. We always say to each other, 'That's going to be us one day,'" Kish said.

"As rugby continues to build in Canada and people start to learn rugby and get excited about it come Rio, where we have a good potential of medalling, I think the same thing will happen."

This is the debut of women's rugby in any multi-sport Games and, for many Canadians, the first taste of what they could see during the 2016 Rio Olympic tournament. Canada's women have already qualified to play there.

But the very thing that made the sevens game so appealing to the International Olympic Committee — the speed of the game and its short tournaments — doesn't give players much time to develop new fans.

In the Women's World Cup, the Canadians played five soccer matches over three weeks. This weekend at the Pan Am Games, Canada's rugby players will hit the pitch for that many matches in just two days. Then, if all goes well, their sixth match will be Sunday night for the gold medal.

The men's two-day sevens tournament runs alongside the women's matches at Exhibition Stadium, Toronto.

"It's bang for your buck," Kish said of their speedy and action-packed-filled tournament days.

"If you have a short attention span, it's a great sport for you."

Each game is 14 minutes long except for the gold-medal round, when exhausted players are "rewarded" with a 20-minute game.

"It's a fast, exciting game; seven people are covering the pitch and that requires a lot of hard work at a fast pace," Canadian player Ghislaine Landry said. TORSTAR NEWS SERVICE

OPEN-WATER SWIMMING

Pedal to the metal for Weinberger

After yet another marathon training session in his home pool, Richard Weinberger slips on an Amon Amarth T-shirt and gets ready to chat.

Olympic medallist open-water swimmer and Swedish melodic death metal band come together in one sleek surfer dude package.

"I went to the concert with my sister," Weinberger said enthusiastically. "It was pretty awesome."

Viking metal — Amon Amarth comes from the Sindarin name of Mount Doom in The Lord of the Rings — has not always been the music of choice before competition for the mellow 25-year-old Weinberger. Trance or progressive house used to be his pre-race soundtrack. "Recently I'm into more of a darker metal phase," he explained. "I bounce back and forth."

Weinberger may be cueing up Amon Amarth's latest album Deceiver of the Gods on Sunday as he looks to defend his Pan American Games title. He is one of seven Canadian defending individual Pan Am champions at the Games.

Weinberger, who won Olympic bronze at the 2012 London Games, and his fellow open-water swimmers will race six 1.67-kilometre laps at the Ontario Place west channel. The women will do the same Saturday. Swimming 10



Richard Weinberger
THE CANADIAN PRESS FILE

kilometres in open water might seem like a watery Mount Doom for most. But Weinberger embraces his gruelling discipline. One, that's where his talents lie as a swimmer. Two, he likes the strategy of the race. And three, he just likes to challenge himself.

"It's pretty brutal but you're normally caught up in the race. You have a lot of distractions."

That can include mind games. Weinberger says there are mental highs and lows in every race, which are balanced by the hours of training. Then there are the other swimmers. Open-water racing can be a contact sport.

"Anything under the water is legal," he said. "Whatever the officials don't see, people can get away with. But generally you're working on efficiency and strategy. It's very exhausting to throw punches at each other."

THE CANADIAN PRESS

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Cook time: 16

Serves 4

Ingredients

- 4 Tbsp all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 1 1/2 lb boneless chicken breast, pounded
- 4 tsp vegetable oil, divided
- 3 cups sliced oyster mushrooms (approx. 8 oz)
- 2 tsp minced garlic
- 1/3 cup white wine
- 2/3 cup chicken stock
- 2/3 cup 2% evaporated milk
- 1 tsp mustard
- 1/4 cup chopped parsley

Directions

1. Combine flour, cheese, salt

and pepper on plate. Coat chicken on both sides.

2. In a large skillet, add 2 tsp oil and sauté chicken for four minutes, turning once. Remove and set aside. Add remaining 2 tsp oil and sauté mushrooms for five minutes just until cooked and no moisture is left. Add garlic and sauté one minute.

3. Add wine to mushrooms and sauté for one minute or until almost evaporated.

4. In a bowl, combine stock, milk, mustard and flour until combined. Add to skillet with mushrooms, add chicken, cover and simmer on lowest heat for five minutes, turning once or until sauce is slightly thickened. Do not cook on higher heat or milk will curdle. Garnish with parsley.

Nutrition per serving

- Calories 370
- Protein 43.5 g
- Total fat 11.4 g

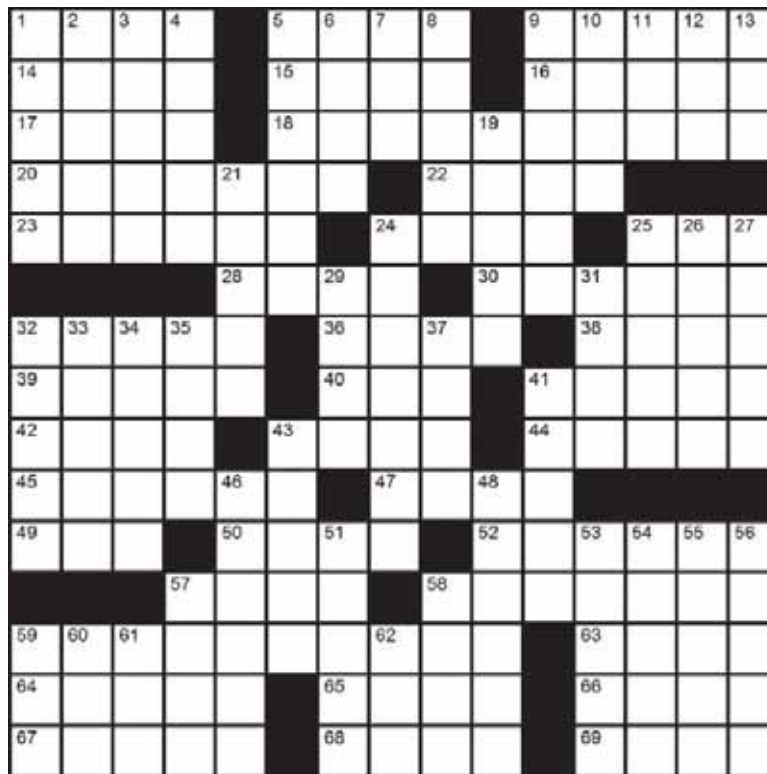
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Relaxed running pace
5. 'Hypn' suffix
9. '80s rockabilly hit: "___ Cat Strut"
14. Reykjavik is its cap.
15. Katy Perry hit
16. Angered
17. Gotchas!
18. 2015: Every-four-years sporting event that's in Toronto this summer: 3 wds.
20. Hoped-for candidate on a matchmaker's list: 2 wds.
22. Goofball
23. Singer/actress Ms. Gomez
24. Ancient queen of Greek mythology
25. Key above Caps Lock
28. Grimm opener...
30. Light up, in verse
32. Montreal ___ (Where the Canadiens once played)
36. Nameless [abbr.]
38. "Ah, me."
39. Picture
40. Glamorous getaway
41. Life sign
42. Man on the Moon
43. Convene
44. That is, in Latin: 2 wds.
45. Fire up
47. Blue-green
49. Enunciate
50. Mr. Estrada



52. Understated
57. Slumps
58. Headache pill
59. Magical password!: 2 wds.
63. Three-___ sloth
64. "Dawson's Creek" actress Ms. Holmes

65. Stratford-___Avon
66. "No Particular Place ___" by Chuck Berry
67. Conform
68. Formerly, fancily
69. Disgorge

DOWN

1. Mr. Hems-worth's
2. Earth tone
3. "___ Harbor" (2001)
4. Vintage dairy products cow
5. "___ Black" (TV

- show starring Canadian actress Tatiana Maslany)
6. Perfectly: 2 wds. + letter
7. Mr. Fleming, James Bond creator
8. Pet rocks, for one

9. Indicate
10. Cafeteria carrier
11. Clash
12. Lunches
13. "Okay."
19. Comedian/actor Cheech
21. Pointed-hat garden ornament
24. Nag
25. Tutu textile
26. Accumulate
27. Hassle
29. Pillow's packaging
31. Glorify
32. Done, in Montreal
33. ___-3 fatty acids
34. Forecast on an in-need-of-umbrella day
35. Kind of citrus fruit
37. Like Cheerios
41. WWII-era model
43. Unify in the corporate world
46. Silverware service: 2 wds.
48. Acquiesce
51. Debated dispute
53. Ship's mooring posts
54. Soldiers group
55. Vassal
56. Fund
57. Trim
58. Tunestress
59. Quebec-made cheese
60. Launch site
61. Helios' 'H'
62. Calendar abbr.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your feelings for a certain individual will reach a peak. However, the planets warn that this may not be the best time to reveal your true intentions — keep them secret just a little while longer.

Taurus April 21 - May 21
Saturn urges you to face up to problems in your most important relationships. You need to bring resentments into the open where they can be dealt with once and for all.

Gemini May 22 - June 21
You must take care of duties and responsibilities that should have been taken care of long ago. You've put them off long enough — now it's time to knuckle down.

Cancer June 22 - July 23
The planets warn you need to be careful who you let into the secrets of your heart. It could be you have a rival for the object of your affections. Don't let them know how you feel.

Leo July 24 - Aug. 23
What happens today will touch you deeply and magnify your feelings — you may not be able to control yourself. If you lose your cool you must make amends as soon as possible.

Virgo Aug. 24 - Sept. 23
Don't let anyone tell you what you should and should not be doing. Cosmic activity urges you to have a good time socially whether or not loved ones or authority figures approve.

Libra Sept. 24 - Oct. 23
No matter how hungry you are for fame and fortune you must not cut corners or take liberties. If you want success to last you must make sure it has strong foundations.

Scorpio Oct. 24 - Nov. 22
If a friend or work colleague proposes that you do something different over the next few days don't dismiss the idea out of hand. You may be a creature of habit but sometimes it is good to go off at a tangent.

Sagittarius Nov. 23 - Dec. 21
The planets suggest you will be somewhat unyielding today. Be warned, however, that if it comes down to a battle of wills you are likely to be the long-term loser.

Capricorn Dec. 22 - Jan. 20
You have many great ideas but before you start working on any of them it might be wise to seek the opinions of people you trust. There may be something small but important that you have missed.

Aquarius Jan. 21 - Feb. 19
You may be tempted to lay down the law with someone who did a poor job or let you down, but is that really the best approach? Find out why they failed. Maybe they need help.

Pisces Feb. 20 - March 20
Cosmic activity makes you both dynamic and relaxed about life and with a combination like that you are sure to succeed.

CONCEPTIS SUDOKU by Dave Green

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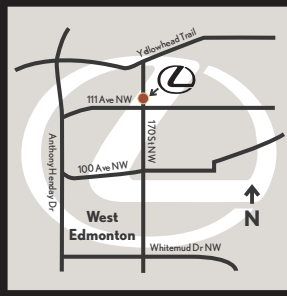
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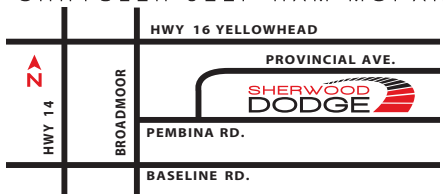
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